



Decadent Chocolate Tart

READY IN



170 min.

SERVINGS



12

CALORIES



258 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.3 cup powdered sugar
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.3 cup butter
- ☐ 4 oz baker's chocolate
- ☐ 0.3 cup granulated sugar
- ☐ 2 eggs
- ☐ 0.3 cup cream sour

- ☐ 2 tablespoons flour all-purpose
- ☐ 2 oz baker's chocolate
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon honey
- ☐ 2 kiwi fruit
- ☐ 11 oz mandarin orange segents drained canned

Equipment

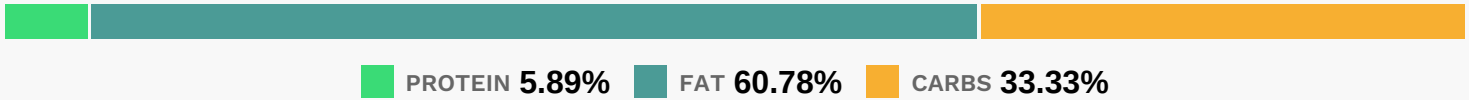
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Heat oven to 350°F. Grease 9-inch tart pan with removable bottom with shortening or cooking spray. In medium bowl, beat 1/3 cup butter and the powdered sugar with electric mixer on medium speed until blended. Beat in 1/2 cup flour and the cocoa until coarse crumbs form. With floured fingers, press in bottom of tart pan.
- ☐ Bake 5 to 7 minutes or until set. Meanwhile, in 1-quart saucepan, heat 1/4 cup butter and 4 oz chocolate over low heat 2 to 3 minutes, stirring constantly, until melted and smooth. Set aside to cool.
- ☐ In large bowl, beat granulated sugar and eggs with electric mixer on high speed 3 to 4 minutes, scraping bowl frequently, or until foamy and light in color.
- ☐ Add sour cream, 2 tablespoons flour and the chocolate mixture; continue beating 1 to 2 minutes, scraping bowl frequently, until well blended.
- ☐ Spread filling over crust.
- ☐ Bake 20 to 25 minutes or until firm to the touch. Cool 15 minutes.
- ☐ Remove side of pan. Cool completely, about 30 minutes.

- ☐
- In 1-quart saucepan, heat 2 ounces chocolate, 1 tablespoon butter and the honey over low heat 2 to 3 minutes, stirring constantly, until melted and smooth.
- ☐
- Spread chocolate mixture over tart. Lightly press fruit around outer edge of tart. Refrigerate until firm, about 1 hour.
- ☐
- Let stand at room temperature about 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.59, Glycemic Load:9.36, Inflammation Score:-7, Nutrition Score:9.9791303613912%

Flavonoids

Catechin: 9.66mg, Catechin: 9.66mg, Catechin: 9.66mg, Catechin: 9.66mg Epicatechin: 21.78mg, Epicatechin: 21.78mg, Epicatechin: 21.78mg, Epicatechin: 21.78mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 257.78kcal (12.89%), Fat: 19.2g (29.54%), Saturated Fat: 7.43g (46.43%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 19.93g (7.25%), Sugar: 12.51g (13.9%), Cholesterol: 30.11mg (10.04%), Sodium: 132.1mg (5.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.26mg (4.42%), Protein: 4.19g (8.37%), Manganese: 0.7mg (34.8%), Copper: 0.54mg (26.88%), Vitamin C: 18.34mg (22.24%), Iron: 3.1mg (17.22%), Fiber: 3.76g (15.05%), Magnesium: 59.24mg (14.81%), Vitamin A: 696.06IU (13.92%), Zinc: 1.62mg (10.81%), Phosphorus: 101.18mg (10.12%), Selenium: 6µg (8.57%), Vitamin K: 7.62µg (7.26%), Folate: 28.05µg (7.01%), Potassium: 232.67mg (6.65%), Vitamin B1: 0.1mg (6.43%), Vitamin B2: 0.11mg (6.43%), Vitamin E: 0.78mg (5.23%), Calcium: 44.05mg (4.41%), Vitamin B3: 0.76mg (3.8%), Vitamin B5: 0.28mg (2.78%), Vitamin B6: 0.05mg (2.66%), Vitamin B12: 0.09µg (1.46%)