



## Double-Chocolate Cream Tart

READY IN



45 min.

SERVINGS



12

CALORIES



247 kcal

DESSERT

### Ingredients

- 0.8 cup dutch process unsweetened divided
- 1 large eggs
- 1 large egg white
- 1 cup flour all-purpose divided
- 0.3 cup ice water
- 0.3 teaspoon salt
- 1 ounce bittersweet chocolate finely chopped
- 2 tablespoons sugar
- 14 ounce condensed milk fat-free sweetened canned

- 1 tablespoon vanilla extract divided
- 0.3 cup vegetable shortening
- 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

## Equipment

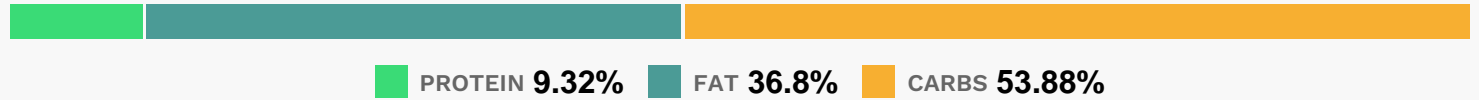
- bowl
- baking sheet
- oven
- whisk
- wire rack
- blender
- plastic wrap
- tart form

## Directions

- Preheat oven to 35
- Combine 1/4 cup flour, ice water, and 1 teaspoon vanilla, stirring with a whisk until well-blended; set aside.
- Combine 3/4 cup flour, 1/4 cup cocoa, sugar, and salt in a bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add ice water mixture; toss with a fork until moist and crumbly (do not form a ball). Gently press mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap.
- Roll dough, still covered, into a 13-inch circle.
- Place dough in freezer 30 minutes or until plastic wrap can be easily removed.
- Remove top sheet of plastic wrap; fit dough, uncovered side down, into a 10-inch round removable-bottom tart pan coated with cooking spray.
- Remove remaining sheet of plastic wrap. Fold edges under; flute. Pierce bottom and sides of dough with a fork; bake at 350 for 4 minutes. Cool on a wire rack.
- Place tart pan on a baking sheet; set aside.

- Beat 1/2 cup cocoa and milk at medium speed of a mixer until blended.
- Add cheese; beat well.
- Add 2 teaspoons vanilla, egg, and egg white; beat just until smooth.
- Pour mixture into crust; bake at 350 for 25 minutes or until set. (Do not overbake.) Cool completely on a wire rack.
- Spread whipped topping over tart; sprinkle with chopped chocolate.

## Nutrition Facts



### Properties

Glycemic Index:17.17, Glycemic Load:18.12, Inflammation Score:-3, Nutrition Score:7.2773913663367%

### Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

### Nutrients (% of daily need)

Calories: 246.98kcal (12.35%), Fat: 10.53g (16.2%), Saturated Fat: 5.04g (31.52%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 32.22g (11.72%), Sugar: 23.36g (25.96%), Cholesterol: 27.07mg (9.02%), Sodium: 109.79mg (4.77%), Alcohol: 0.37g (100%), Alcohol %: 0.59% (100%), Caffeine: 14.39mg (4.8%), Protein: 6g (11.99%), Selenium: 11.46µg (16.37%), Manganese: 0.31mg (15.74%), Phosphorus: 156.19mg (15.62%), Vitamin B2: 0.24mg (14.36%), Copper: 0.26mg (12.97%), Calcium: 113.38mg (11.34%), Magnesium: 43.51mg (10.88%), Fiber: 2.46g (9.84%), Iron: 1.53mg (8.52%), Vitamin B1: 0.12mg (8.07%), Potassium: 250.3mg (7.15%), Folate: 26.77µg (6.69%), Zinc: 0.88mg (5.86%), Vitamin B3: 0.84mg (4.21%), Vitamin B5: 0.41mg (4.13%), Vitamin B12: 0.21µg (3.47%), Vitamin K: 3.12µg (2.97%), Vitamin E: 0.43mg (2.87%), Vitamin A: 118.93IU (2.38%), Vitamin B6: 0.04mg (1.9%), Vitamin C: 0.86mg (1.04%)