



Double Chocolate Malted Tart

READY IN



140 min.

SERVINGS



12

CALORIES



387 kcal

DESSERT

Ingredients

- ☐ 1.5 cups chocolate wafer cookies crumbs (recommended: Nabisco Famous Wafers)
- ☐ 0.7 cup heavy cream
- ☐ 0.3 cup malted powder (recommended: Carnation Malted Milk)
- ☐ 11 ounces chocolate finely chopped
- ☐ 8 tablespoons butter unsalted (1 stick)

Equipment

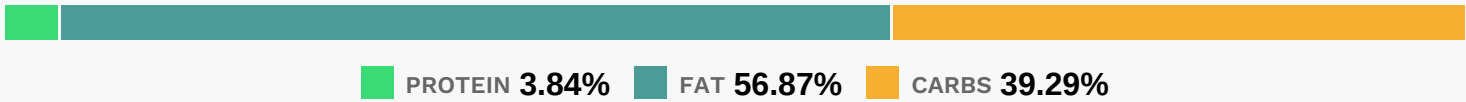
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ measuring cup
- ☐ tart form

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt 6 tablespoons of the butter.
- ☐ Combine cookie crumbs and butter in a small bowl and mix until thoroughly moistened.
- ☐ Transfer to an 8-inch tart pan. Using the back of a cup or measuring cup, press mixture into the pan with a removable bottom until evenly covering the bottom and sides of the pan. Set in freezer until set, at least 20 minutes.
- ☐ Meanwhile, place chocolate in a medium heatproof bowl and set aside.
- ☐ Place cream in a small saucepan and bring to a simmer over medium-low heat.
- ☐ Remove from heat and whisk in malted milk powder until smooth and pour over chocolate.
- ☐ Let sit until chocolate is starting to melt, about 1 minute. Gently stir until all chocolate is melted and smooth. Stir in remaining 2 tablespoons of butter, small piece by piece, until evenly incorporated.
- ☐ Turn mixture into the prepared tart crust and spread until even. Cover loosely and refrigerate until filling is set, at least 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:7.68, Glycemic Load:16.22, Inflammation Score:-4, Nutrition Score:6.365652155617%

Nutrients (% of daily need)

Calories: 386.54kcal (19.33%), Fat: 25.76g (39.63%), Saturated Fat: 14.47g (90.46%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 37.61g (13.68%), Sugar: 26.48g (29.43%), Cholesterol: 36.43mg (12.14%), Sodium: 194.34mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 20.11mg (6.7%), Protein: 3.92g (7.83%), Manganese: 0.34mg (17.15%), Copper: 0.3mg (14.8%), Magnesium: 49.38mg (12.35%), Vitamin B2: 0.2mg (11.82%),

Iron: 1.94mg (10.79%), Phosphorus: 99.58mg (9.96%), Fiber: 2.44g (9.75%), Vitamin A: 438.93IU (8.78%), Vitamin B3: 1.21mg (6.07%), Vitamin B1: 0.09mg (5.73%), Zinc: 0.79mg (5.24%), Potassium: 178.59mg (5.1%), Selenium: 3.47µg (4.96%), Folate: 17.09µg (4.27%), Vitamin E: 0.63mg (4.21%), Calcium: 36.72mg (3.67%), Vitamin K: 3.61µg (3.44%), Vitamin D: 0.35µg (2.34%), Vitamin B6: 0.05mg (2.27%), Vitamin B5: 0.2mg (1.97%), Vitamin B12: 0.09µg (1.52%)