



Fudge Truffle-Pecan Tart

READY IN



45 min.

SERVINGS



10

CALORIES



668 kcal

DESSERT

Ingredients

- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 0.5 cup butter softened
- ☐ 10 servings chocolate tart shell
- ☐ 10 servings garnish: chocolate shaved
- ☐ 3 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 2 teaspoons coffee granules instant
- ☐ 1 cup pecans finely chopped

- ☐ 2 cups nestle toll house semi-sweet chocolate morsels melted (12-ounce package)
- ☐ 2 teaspoons vanilla extract divided
- ☐ 1 cup whipping cream

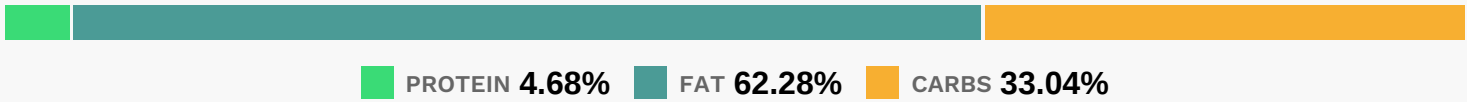
Equipment

- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Beat butter and brown sugar at medium speed with an electric mixer until blended; add eggs, beating well. Stir in melted chocolate, 1 teaspoon vanilla, and next 3 ingredients.
- ☐ Pour into Chocolate Tart Shell.
- ☐ Bake at 375 for 20 minutes. Cool on a wire rack 30 minutes.
- ☐ Beat cream at high speed until foamy; gradually add granulated sugar, beating until soft peaks form. Stir in remaining 1 teaspoon vanilla. Dollop cream around tart; garnish, if desired.
- ☐ Combine 1 1/4 cups chocolate graham cracker crumbs and 1/3 cup melted butter; press into the bottom of a 10-inch tart pan.
- ☐ Bake at 350 for 6 minutes; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:19.77, Glycemic Load:5.41, Inflammation Score:-7, Nutrition Score:13.527391168086%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate:

0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg

Nutrients (% of daily need)

Calories: 667.62kcal (33.38%), Fat: 46.75g (71.92%), Saturated Fat: 18.39g (114.93%), Carbohydrates: 55.81g (18.6%), Net Carbohydrates: 51.13g (18.59%), Sugar: 33.43g (37.15%), Cholesterol: 84.85mg (28.28%), Sodium: 230.34mg (10.01%), Alcohol: 0.28g (100%), Alcohol %: 0.24% (100%), Caffeine: 37.9mg (12.63%), Protein: 7.91g (15.82%), Manganese: 1.13mg (56.47%), Copper: 0.63mg (31.65%), Magnesium: 88.28mg (22.07%), Iron: 3.84mg (21.31%), Phosphorus: 194.74mg (19.47%), Fiber: 4.68g (18.73%), Selenium: 12.35µg (17.65%), Vitamin A: 861.17IU (17.22%), Vitamin B1: 0.2mg (13.54%), Vitamin B2: 0.22mg (12.95%), Zinc: 1.86mg (12.4%), Potassium: 357.34mg (10.21%), Folate: 37.02µg (9.26%), Vitamin E: 1.2mg (7.98%), Calcium: 76.77mg (7.68%), Vitamin B3: 1.49mg (7.43%), Vitamin B5: 0.64mg (6.39%), Vitamin K: 5.42µg (5.16%), Vitamin D: 0.68µg (4.54%), Vitamin B6: 0.09mg (4.54%), Vitamin B12: 0.25µg (4.13%)