



Fudgy Dark Chocolate Tart (White Whole Wheat Flour)

READY IN



110 min.

SERVINGS



12

CALORIES



431 kcal

DESSERT

Ingredients

- 1 cup flour whole wheat white
- 2 tablespoons sugar
- 0.5 cup butter softened
- 2 tablespoons butter
- 14 oz condensed milk sweetened canned (not evaporated)
- 12 oz semi chocolate chips dark (2 cups)
- 1 teaspoon vanilla
- 0.3 teaspoon salt

- 0.5 cup walnut pieces toasted chopped
- 1 serving whipped cream
- 1 serving chocolate curls grated

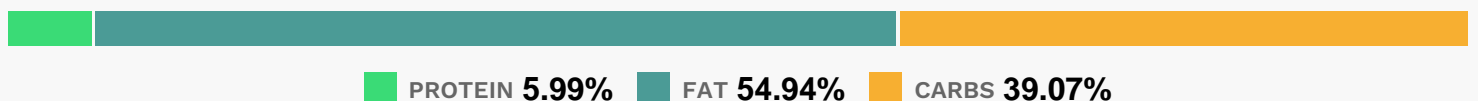
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- tart form

Directions

- Heat oven to 400°F. In medium bowl, mix crust ingredients until soft dough forms. Press firmly and evenly against bottom and side of ungreased 9-inch tart pan with removable bottom.
- Bake 10 to 13 minutes or until light golden brown; cool on cooling rack. Reduce oven temperature to 350°F.
- In 2-quart saucepan, melt 2 tablespoons butter over low heat. Stir in condensed milk and chocolate chips. Cook over low heat, stirring occasionally, until chocolate is melted. Stir in vanilla and salt; stir in walnuts.
- Spread in baked crust.
- Bake about 20 minutes or just until edge is set. Cool in pan on cooling rack, about 1 hour to serve warm, or serve at room temperature. To serve, spoon whipped cream onto center of tart and top with chocolate curls or, top each slice with whipped cream and chocolate curls.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:12.47, Inflammation Score:-5, Nutrition Score:8.5769565286844%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 430.7kcal (21.54%), Fat: 26.73g (41.12%), Saturated Fat: 10.42g (65.11%), Carbohydrates: 42.77g (14.26%), Net Carbohydrates: 39.17g (14.24%), Sugar: 30.64g (34.04%), Cholesterol: 13.33mg (4.44%), Sodium: 204.68mg (8.9%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 24.45mg (8.15%), Protein: 6.55g (13.11%), Manganese: 0.55mg (27.31%), Copper: 0.44mg (21.89%), Phosphorus: 177.65mg (17.76%), Magnesium: 66.79mg (16.7%), Fiber: 3.6g (14.41%), Calcium: 127.13mg (12.71%), Iron: 2.24mg (12.43%), Selenium: 7.54µg (10.77%), Vitamin A: 528.71IU (10.57%), Vitamin B2: 0.16mg (9.66%), Potassium: 322.65mg (9.22%), Zinc: 1.22mg (8.12%), Vitamin E: 0.62mg (4.16%), Vitamin B1: 0.06mg (3.79%), Vitamin B5: 0.37mg (3.73%), Vitamin B12: 0.21µg (3.5%), Vitamin B6: 0.05mg (2.7%), Vitamin K: 2.39µg (2.27%), Folate: 8.55µg (2.14%), Vitamin B3: 0.37mg (1.83%), Vitamin C: 0.95mg (1.15%)