



Ginger-Caramel Macadamia Tart

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



388 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar packed
- 12 servings butter pastry (recipe below)
- 12 servings warm chocolate sauce (recipe below)
- 0.5 cup crystallized ginger minced
- 3 large eggs
- 1 tablespoon ginger fresh minced
- 3 cups roasted macadamia nuts salted
- 1 teaspoon vanilla

Equipment

- food processor
- bowl
- frying pan
- oven
- microwave
- tart form

Directions

- Press butter pastry evenly over bottom of an 11-inch plain or fluted tart pan with removable rim; then press pastry up pan sides.
- Bake in a 300 oven until pale gold, 12 to 15 minutes. Use hot or cool.
- Meanwhile, in a bowl, beat to blend eggs, sugar, crystallized ginger, fresh ginger, and vanilla.
- Rub macadamia nuts in a towel to remove excess salt. Lift nuts from towel and put in bowl.
- Mix and pour into pastry.
- Bake on lowest rack in a 350 oven until top is golden and filling is set (test by gently shaking), 35 to 40 minutes. Cool tart on a rack.
- Remove pan rim and cut tart into wedges. Spoon warm chocolate sauce onto portions and accompany with ice cream.
- Butter pastry: In a food processor or a bowl, combine 1 1/3 cups all-purpose flour and 1/4 cup sugar.
- Add 1/2 cup (1/4 lb.) butter or margarine, in chunks, and whirl or rub with your fingers until fine crumbs form.
- Add 1 large egg yolk; whirl or mix with a fork until dough holds together.
- Warm chocolate sauce: In a microwave-safe bowl or a 1- to 1 1/2-quart pan, melt 1 1/2 cups semisweet chocolate chips with 3/4 cup half-and-half (light cream) or milk in a microwave oven or over low heat, stirring often until sauce is smooth.
- Serve warm. Makes about 2 cups.

Nutrition Facts



■ PROTEIN 4.28% ■ FAT 68.07% ■ CARBS 27.65%

Properties

Glycemic Index:6.25, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:9.1547826269399%

Nutrients (% of daily need)

Calories: 387.59kcal (19.38%), Fat: 30.72g (47.26%), Saturated Fat: 7.04g (44.02%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 25.16g (9.15%), Sugar: 24.18g (26.87%), Cholesterol: 57.26mg (19.09%), Sodium: 61.16mg (2.66%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 4.35g (8.69%), Manganese: 1.4mg (70.25%), Vitamin B1: 0.41mg (27.07%), Copper: 0.28mg (13.8%), Magnesium: 47.57mg (11.89%), Fiber: 2.92g (11.68%), Phosphorus: 90.85mg (9.09%), Iron: 1.6mg (8.91%), Selenium: 5.34µg (7.63%), Vitamin B2: 0.11mg (6.74%), Vitamin B6: 0.12mg (6.11%), Calcium: 52.51mg (5.25%), Potassium: 171.87mg (4.91%), Vitamin B5: 0.48mg (4.78%), Vitamin B3: 0.87mg (4.34%), Zinc: 0.62mg (4.12%), Vitamin A: 192.47IU (3.85%), Vitamin E: 0.46mg (3.04%), Folate: 10µg (2.5%), Vitamin B12: 0.12µg (2.01%), Vitamin D: 0.25µg (1.67%)