



WHATSheATE



Glazed Fig Tart with Dairy-Free Chocolate Ganache



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almond- orange-flavored
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup full fat coconut cream
- ☐ 6 ounces dairy-free bittersweet chocolate finely chopped
- ☐ 6 ounces figs blue packed stemmed halved (such as Ribbon Orchard Choice or Sun-Maid)
- ☐ 1 cup lightly nuts mixed unsalted salted (such as hazelnuts, cashews, Brazil nuts, almonds and pecans)
- ☐ 1 10-inch pie crust baked in a tart pan gluten-free with removable bottom, and cooled to room temperature (dairy-free or dairy-free and)

☐ 0.7 cup water

Equipment

☐ sauce pan

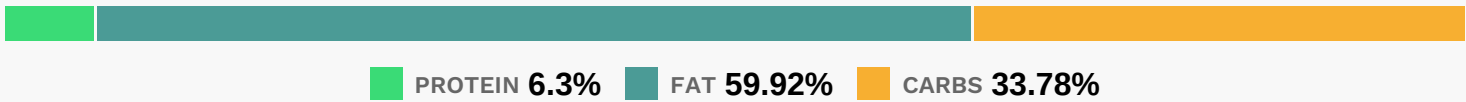
☐ sieve

☐ tart form

Directions

- ☐ Add the figs and water to a small saucepan, and bring to a boil over high heat. Reduce the heat to low and simmer until the liquid is reduced to 1/4 cup, about 2 minutes.Stir in the brown sugar and simmer, while stirring, for 1 minute.
- ☐ Remove from the heat and stir in the liqueur.
- ☐ Let steep for 10 minutes.Strain the figs through fine-meshed sieve, reserving syrup.While figs cool, bring the coconut cream to a simmer over medium heat in a small saucepan.
- ☐ Remove from the heat, add the chocolate, and stir until smooth.
- ☐ Spread over the baked crust.Refrigerate 5 minutes or until the chocolate begins to firm up but is not set.Alternate fig slices and nuts in concentric circles on tart, pressing slightly into chocolate to secure.Chill 2 hours or up to 1 day.To serve, brush the figs and nuts with the reserved syrup, then remove the sides from the tart pan and place the tart on a platter.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:2.41, Inflammation Score:-3, Nutrition Score:7.5160868660263%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

0.94mg

Nutrients (% of daily need)

Calories: 276.11kcal (13.81%), Fat: 19.16g (29.48%), Saturated Fat: 8.53g (53.28%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 20.64g (7.51%), Sugar: 16.22g (18.02%), Cholesterol: 1.02mg (0.34%), Sodium: 7.35mg (0.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.63mg (4.88%), Protein: 4.53g (9.07%), Manganese: 0.73mg (36.67%), Copper: 0.48mg (24.02%), Magnesium: 74.82mg (18.71%), Fiber: 3.67g (14.67%), Phosphorus: 133.87mg (13.39%), Iron: 2.07mg (11.52%), Potassium: 285.39mg (8.15%), Zinc: 1.21mg (8.04%), Vitamin B3: 1.08mg (5.39%), Vitamin E: 0.63mg (4.21%), Vitamin B2: 0.07mg (4.04%), Calcium: 39.86mg (3.99%), Vitamin B6: 0.08mg (3.95%), Vitamin B1: 0.05mg (3.49%), Vitamin B5: 0.33mg (3.26%), Folate: 12µg (3%), Selenium: 1.64µg (2.34%), Vitamin K: 2.03µg (1.93%)