



Hazelnut Brownie Tart

READY IN



55 min.

SERVINGS



12

CALORIES



428 kcal

DESSERT

Ingredients

- ☐ 0.3 tsp calumet baking powder
- ☐ 3 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 tsp hazelnut extract
- ☐ 2 tsp hot-brewed coffee dissolved in 1 tsp. boiling water instant
- ☐ 0.5 tsp kosher salt
- ☐ 20 oz baker's semi-sweet chocolate chopped
- ☐ 6 Tbsp butter unsalted

☐ 1 tsp vanilla extract

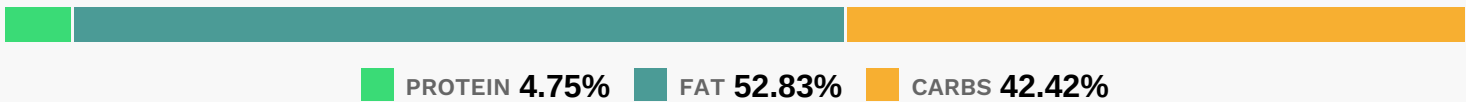
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ PREHEAT oven to 350F.
- ☐ BUTTER and flour one 11? inch tart pan.
- ☐ MELT butter 16 oz. of chocolate together in a heatproof bowl. You can either melt the chocolate by placing the bowl over a pot of simmering water, or by microwaving it in 30 second bursts. Stirring after each interval. Make sure butter and chocolate melt and are stirred together completely then set aside to cool. In an electric mixer beat the eggs, sugar, coffee, hazelnut and vanilla until light and fluffy.
- ☐ Add melted, cooled chocolate and mix to combine.
- ☐ COMBINE flour, baking powder, salt and remaining 4 oz. of chopped chocolate in a separate bowl. Gently fold this into the wet ingredients until just combined.
- ☐ POUR batter into prepared tins and bake for 35-40 minutes, or until the center is puffed and crackly on top.
- ☐ COOL before removing from tart pan.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:14.54, Inflammation Score:-4, Nutrition Score:9.4652174149194%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 428.42kcal (21.42%), Fat: 25.28g (38.89%), Saturated Fat: 14.47g (90.41%), Carbohydrates: 45.67g (15.22%), Net Carbohydrates: 41.73g (15.17%), Sugar: 34.1g (37.88%), Cholesterol: 64.6mg (21.53%), Sodium: 131.56mg (5.72%), Alcohol: 0.12g (100%), Alcohol %: 0.17% (100%), Caffeine: 45.87mg (15.29%), Protein: 5.12g (10.23%), Manganese: 0.68mg (34.13%), Copper: 0.61mg (30.63%), Magnesium: 86.9mg (21.72%), Iron: 3.49mg (19.37%), Phosphorus: 158.33mg (15.83%), Fiber: 3.94g (15.76%), Selenium: 9.77µg (13.96%), Zinc: 1.46mg (9.76%), Potassium: 300.62mg (8.59%), Vitamin B2: 0.11mg (6.6%), Vitamin A: 268.59IU (5.37%), Calcium: 45.63mg (4.56%), Vitamin B1: 0.06mg (4.18%), Vitamin E: 0.61mg (4.06%), Folate: 15.85µg (3.96%), Vitamin B3: 0.77mg (3.84%), Vitamin K: 3.98µg (3.79%), Vitamin B5: 0.37mg (3.66%), Vitamin B12: 0.21µg (3.47%), Vitamin D: 0.36µg (2.38%), Vitamin B6: 0.04mg (2.06%)