



## Hazelnut Chocolate Mousse Tart

READY IN



90 min.

SERVINGS



10

CALORIES



570 kcal

DESSERT

### Ingredients

- 6 ounces bittersweet chocolate roughly chopped
- 6 tablespoons butter melted
- 10 servings nutella
- 6 ounces chocolate wafers such as nabisco famous thin ( 20)
- 2 large egg whites separated for both whites and yolks
- 2 tablespoons frangelico
- 0.5 cup bean curd sheets raw
- 0.5 cup hazelnuts roughly chopped
- 1 T let set min. spread

- 10 servings topping
- 2 tablespoons sugar
- 0.5 cup whipping cream

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- blender
- kitchen towels
- tart form

## Directions

- Preheat oven to 350
- Make crust: Roast hazelnuts on a rimmed baking sheet until light golden, about 18 minutes. Rub the warm nuts in a kitchen towel to remove skins. Reduce oven temperature to 325
- Whirl cookies and hazelnuts in a food processor until finely ground.
- Add butter and whirl until crumbs start to clump together. Press crumbs over bottom and up sides of a 9 1/2-in. tart pan with a removable rim.
- Bake until crust is set, about 10 minutes.
- Let cool completely.
- Spread chocolate-hazelnut spread over crust. Chill until spread is firm, about 30 minutes.
- Make mousse: Melt chocolate, sugar, and 2 tbsp. water in a small saucepan over low heat until smooth, stirring frequently, about 10 minutes. Set aside.
- Beat egg whites in a medium bowl using a mixer until they hold stiff peaks. Beat cream in another bowl until stiff. Stir yolks and liqueur into chocolate mixture.
- Fold chocolate mixture gently into egg whites, then fold in cream until no streaks remain.

- Pour mousse into crust and spread evenly (if using pasteurized egg whites, chill 20 minutes at this point).
- Sprinkle with chopped hazelnuts and chill until mousse is firm at least 3 hours and up to 2 days.
- Remove rim from pan and cut into wedges.
- \*Hazelnuts from Oregon--where virtually all the U.S. crop grows--taste much sweeter and fresher than imports. Find them in bulk bins in grocery stores (check the country of origin) and at [freddyguys.com](http://freddyguys.com), [hazelnuthill.com](http://hazelnuthill.com), or [yournw.com](http://yournw.com). This dessert contains raw eggs. You can substitute pasteurized egg whites for both the fresh yolks and whites if you are concerned about eating raw eggs; follow the manufacturer's conversion amounts.

## Nutrition Facts

**PROTEIN 6.04%** **FAT 54.19%** **CARBS 39.77%**

### Properties

Glycemic Index:26.89, Glycemic Load:14.28, Inflammation Score:-5, Nutrition Score:11.85869561071%

### Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

### Nutrients (% of daily need)

Calories: 569.98kcal (28.5%), Fat: 34.79g (53.52%), Saturated Fat: 22.34g (139.62%), Carbohydrates: 57.44g (19.15%), Net Carbohydrates: 52.16g (18.97%), Sugar: 37.73g (41.93%), Cholesterol: 32.88mg (10.96%), Sodium: 187.64mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.99mg (6.33%), Protein: 8.73g (17.46%), Manganese: 1.04mg (52.03%), Copper: 0.58mg (28.78%), Iron: 4.32mg (23.98%), Vitamin E: 3.29mg (21.94%), Fiber: 5.27g (21.09%), Magnesium: 74.68mg (18.67%), Phosphorus: 151.46mg (15.15%), Vitamin B2: 0.18mg (10.58%), Potassium: 351.6mg (10.05%), Calcium: 95.04mg (9.5%), Zinc: 1.22mg (8.15%), Selenium: 5.7µg (8.14%), Vitamin A: 397.72IU (7.95%), Vitamin B1: 0.11mg (7.58%), Folate: 21.14µg (5.29%), Vitamin B3: 0.92mg (4.58%), Vitamin B6: 0.08mg (4.19%), Vitamin K: 4.18µg (3.98%), Vitamin B5: 0.36mg (3.57%), Vitamin C: 2.63mg (3.19%), Vitamin B12: 0.19µg (3.09%), Vitamin D: 0.19µg (1.27%)