



Malted Milk Chocolate Tart in Pretzel Crust

READY IN



45 min.

SERVINGS



1

CALORIES



3952 kcal

DESSERT

Ingredients

- ☐ 114 g bittersweet chocolate finely chopped (67–72%)
- ☐ 56 g powdered sugar
- ☐ 43 g liquid malt extract
- ☐ 228 g chocolate finely chopped (33–41%)
- ☐ 126 g pretzels mini finely
- ☐ 57 g butter unsalted melted
- ☐ 1 tablespoon vanilla paste
- ☐ 230 g whipping cream

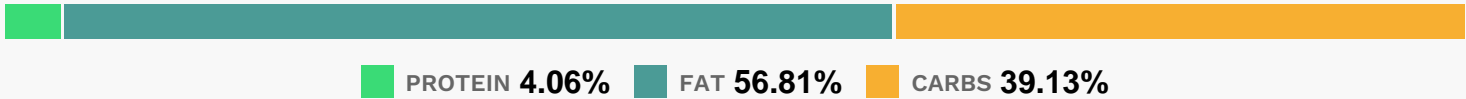
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ stand mixer
- ☐ tart form

Directions

- ☐ For the crust:Preheat oven to 350 degrees F.
- ☐ Combine pretzel crumbs and confectioner's sugar in a food processor.
- ☐ Pour out pretzel crumbs into a bowl and add melted butter. Stir together until mixture is moistened. Press evenly into the bottom and up the sides of a 9-in round tart pan or 4 inch x 13 inch rectangular tart pan.
- ☐ Bake for about 8-10 minutes until crust feels firm.
- ☐ Combine both chocolates in a medium bowl.
- ☐ Combine cream and malted milk powder in a small saucepan and bring just to a boil over medium-high heat.
- ☐ Pour cream over the chocolate and let sit for a minute. Stir to combine until chocolate is fully melted and mixture is smooth.
- ☐ Place cream and vanilla bean paste into clean bowl of a stand mixer.
- ☐ Whisk until soft peaks just start to form.
- ☐ Add the confectioners' sugar and whisk just to combine and slightly firm up – do not overwhip.

Nutrition Facts



Properties

Glycemic Index:125.6, Glycemic Load:133.85, Inflammation Score:-10, Nutrition Score:59.566956582277%

Nutrients (% of daily need)

Calories: 3952.43kcal (197.62%), Fat: 258.7g (398%), Saturated Fat: 155.62g (972.61%), Carbohydrates: 400.85g (133.62%), Net Carbohydrates: 374.86g (136.31%), Sugar: 253g (281.11%), Cholesterol: 399.61mg (133.2%), Sodium: 1853.92mg (80.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 248.52mg (82.84%), Protein: 41.63g (83.26%), Manganese: 3.92mg (196.06%), Copper: 3.05mg (152.62%), Magnesium: 552.05mg (138.01%), Vitamin B2: 1.88mg (110.55%), Iron: 19.84mg (110.25%), Phosphorus: 1093.86mg (109.39%), Fiber: 25.99g (103.95%), Vitamin A: 4958.75IU (99.18%), Folate: 265.59µg (66.4%), Potassium: 2147.8mg (61.37%), Vitamin B1: 0.88mg (58.82%), Zinc: 8.79mg (58.57%), Vitamin B3: 11.55mg (57.75%), Selenium: 36.36µg (51.95%), Calcium: 453.6mg (45.36%), Vitamin K: 39.77µg (37.88%), Vitamin E: 5.45mg (36.34%), Vitamin D: 4.53µg (30.23%), Vitamin B6: 0.49mg (24.43%), Vitamin B5: 1.85mg (18.47%), Vitamin B12: 1.01µg (16.9%), Vitamin C: 5.27mg (6.39%)