



Mexican Chocolate Tart with Cinnamon-Spiced Pecans

READY IN



45 min.

SERVINGS



10

CALORIES



463 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 3.1 ounce disk mexican chocolate chopped (such as Ibarra)
- ☐ 1 cup chocolate wafer cookie crumbs finely (half of 1 9-ounce package cookies, ground in processor)
- ☐ 1 large egg white
- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup heavy whipping cream

- ☐ 10 servings lightly whipped cream sweetened
- ☐ 1.5 cups pecan halves
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter unsalted cut into 4 pieces, room temperature ()
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

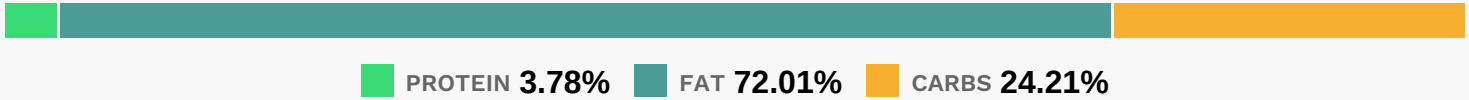
Directions

- ☐ Preheat oven to 350°F. Spray rimmed baking sheet with nonstick spray.
- ☐ Whisk all ingredients except pecans in medium bowl. Stir in pecans.
- ☐ Spread in single layer on sheet, rounded side up.
- ☐ Bake until just browned and dry, about 30 minutes. Cool on sheet. Separate nuts, removing excess coating. DO AHEAD Can be made 2 days ahead. Store airtight at room temperature.
- ☐ Preheat oven to 350°F. Blend first 4 ingredients in processor.
- ☐ Add melted butter; process until crumbs are moistened. Press crumbs into 9-inch-diameter tart pan with removable bottom, to within 1/8 inch of top.
- ☐ Bake until set, about 20 minutes. Cool on rack.
- ☐ Bring cream to simmer in medium saucepan.
- ☐ Remove from heat.

- ☐
- Add chocolates; whisk until melted.

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Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:9.46, Inflammation Score:-6, Nutrition Score:8.748260948969%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg

Nutrients (% of daily need)

Calories: 463.09kcal (23.15%), Fat: 38.41g (59.09%), Saturated Fat: 17.5g (109.35%), Carbohydrates: 29.05g (9.68%), Net Carbohydrates: 25.74g (9.36%), Sugar: 21.53g (23.92%), Cholesterol: 60.55mg (20.18%), Sodium: 144.35mg (6.28%), Alcohol: 0.28g (100%), Alcohol %: 0.34% (100%), Caffeine: 16.67mg (5.56%), Protein: 4.53g (9.07%), Manganese: 0.98mg (48.95%), Copper: 0.43mg (21.43%), Vitamin A: 735.5IU (14.71%), Magnesium: 56.3mg (14.07%), Fiber: 3.31g (13.24%), Phosphorus: 114.28mg (11.43%), Iron: 1.84mg (10.24%), Vitamin B1: 0.13mg (8.77%), Zinc: 1.3mg (8.64%), Vitamin B2: 0.14mg (8.17%), Potassium: 207.8mg (5.94%), Selenium: 3.88µg (5.55%), Calcium: 54.02mg (5.4%), Vitamin E: 0.74mg (4.94%), Vitamin B3: 0.68mg (3.39%), Vitamin K: 3.4µg (3.24%), Vitamin D: 0.47µg (3.11%), Vitamin B5: 0.29mg (2.87%), Vitamin B6: 0.05mg (2.74%), Folate: 10.1µg (2.52%), Vitamin B12: 0.08µg (1.35%)