



Milk Chocolate-Caramel Tart with Hazelnuts and Espresso

READY IN



45 min.

SERVINGS



8

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 1 tablespoon cacao nibs
- ☐ 0.7 cup hazelnuts husked toasted coarsely chopped
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 tablespoon water ()
- ☐ 1.5 teaspoons espresso powder instant
- ☐ 4 ounces chocolate chopped (such as Lindt, Perugina, or Valrhona)
- ☐ 0.3 cup powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.3 cups unbleached all purpose flour
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 cup water

Equipment

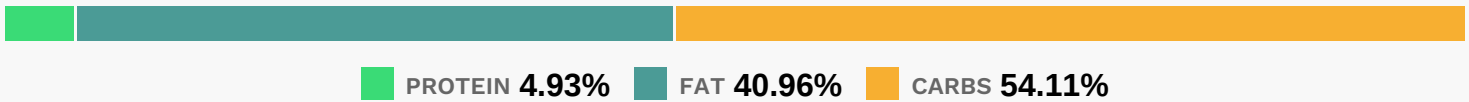
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ tart form
- ☐ pastry brush

Directions

- ☐ Blend flour, powdered sugar, and salt in processor.
- ☐ Add butter; using on/off turns, blend until mixture resembles coarse meal.
- ☐ Add 1 tablespoon ice water; process just until dough begins to clump together, adding more ice water by teaspoonfuls if dry.
- ☐ Transfer dough to 13 3/4 x 4 1/2-inch rectangular tart pan with removable bottom. Press dough onto bottom and upsides of pan. Freeze crust 20 minutes.
- ☐ Meanwhile, position rack in center of oven and preheat to 375°F.
- ☐ Bake crust until golden brown and cooked through, about 30 minutes. Cool crust completely in pan on rack.
- ☐ Stir sugar and 1/4 cup water in heavy medium saucepan over medium heat until sugar dissolves. Increase heat and boil without stirring until syrup is medium amber, occasionally brushing down sides of pan with wet pastry brush and swirling pan, about 8 minutes.
- ☐ Remove pan from heat.
- ☐ Add cream (mixture will bubble up).
- ☐ Place saucepan over medium heat; stir until caramel bits dissolve.

- ☐ Add butter,vinegar, and salt; stir until butter melts. Stirin hazelnuts. Spoon filling into crust. Chilluntil cold and set, about 30 minutes.
- ☐ Combine cream andespresso powder in small saucepan. Bringto simmer over medium-high heat, stirringoccasionally, until espresso powder isdissolved.
- ☐ Remove from heat.
- ☐ Add chocolateand butter; stir until smooth.
- ☐ Spreadchocolate mixture over caramel.
- ☐ Sprinklewith cacao nibs. Chill tart until topping isset, about 1 hour. DO AHEAD: Can be made 2days ahead. Cover and keep chilled.
- ☐ Remove tart pan sides.
- ☐ Place tart onplatter; cut crosswise into 8 bars and serve.
- ☐ * Bits of shell-roasted cacao beans; availableat many specialty foods stores and fromchocosphere.com.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:20.96, Glycemic Load:16.51, Inflammation Score:-4, Nutrition Score:8.0443478408067%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 349.51kcal (17.48%), Fat: 16.62g (25.57%), Saturated Fat: 6.8g (42.51%), Carbohydrates: 49.39g (16.46%), Net Carbohydrates: 47g (17.09%), Sugar: 31.69g (35.21%), Cholesterol: 14.97mg (4.99%), Sodium: 79.05mg (3.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.24mg (5.08%), Protein: 4.5g (9.01%), Manganese: 0.83mg (41.34%), Vitamin B1: 0.22mg (14.84%), Copper: 0.29mg (14.32%), Folate: 47.92µg (11.98%), Vitamin E: 1.71mg (11.42%), Selenium: 7.74µg (11.06%), Iron: 1.8mg (10%), Magnesium: 39.23mg (9.81%), Vitamin B2: 0.17mg (9.75%), Fiber: 2.39g (9.58%), Phosphorus: 77.72mg (7.77%), Vitamin B3: 1.49mg (7.44%), Potassium: 147.43mg (4.21%), Zinc:

0.62mg (4.16%), Vitamin A: 191.9IU (3.84%), Vitamin B6: 0.07mg (3.73%), Vitamin K: 2.82µg (2.68%), Calcium: 25.57mg (2.56%), Vitamin B5: 0.21mg (2.15%), Vitamin D: 0.18µg (1.23%)