



## Milky Way Tart

READY IN



45 min.

SERVINGS



6

CALORIES



594 kcal

DESSERT

## Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 1 large egg yolk
- ☐ 2 cups heavy whipping cream divided
- ☐ 3.5 ounces chocolate chopped (such as Lindt or Perugina)
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 cup sugar
- ☐ 0.3 cup butter unsalted ()
- ☐ 2 tablespoons cocoa powder unsweetened (preferably Dutch process)
- ☐ 3 tablespoons water

## Equipment

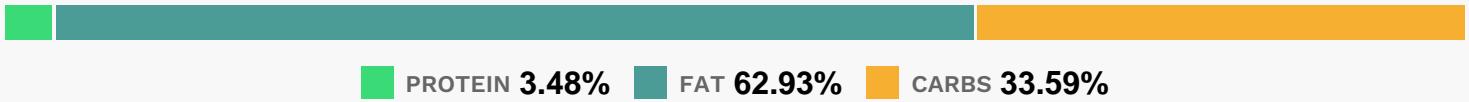
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ pastry brush

## Directions

- ☐ Make crust
- ☐ Whisk flour and cocoa in medium bowl. Beat butter and powdered sugar in another medium bowl until well blended. Beat in yolk.
- ☐ Add flour mixture in 2 additions, beating just until blended. Gather dough into ball; flatten into disk. Wrap in plastic and refrigerate 2 hours.
- ☐ Divide dough into 6 equal pieces. Press each onto bottom and up sides of 4 1/2-inch-diameter tartlet pan with removable bottom. Refrigerate crusts 1 hour or freeze 30 minutes.
- ☐ Preheat oven to 375°F.
- ☐ Bake cold crusts until set and dry-looking, about 12 minutes, pressing with back of spoon if bubbles form. Cool crusts in pans. DO AHEAD: Can be made 1 day ahead. Cover; store at room temperature.
- ☐ Place milk chocolate in medium bowl. Bring 1 1/2 cups cream to simmer in small saucepan.
- ☐ Pour hot cream over chocolate; let stand 1 minute, then whisk until melted and smooth. Cover with plastic wrap and refrigerate until cold, at least 4 hours or overnight.
- ☐ Combine remaining 1/2 cup cream and butter in small saucepan and stir over medium heat until butter melts; remove from heat.
- ☐ Combine sugar and 3 tablespoons water in heavy small saucepan. Stir over medium-low heat until sugar dissolves. Increase heat and boil without stirring until color is deep amber, occasionally brushing down sides of pan with wet pastry brush and swirling pan, about 8

- minutes. Immediately add hot cream–butter mixture (mixture will bubble vigorously).
- ☐ Remove from heat and stir until any caramel bits dissolve.
  - ☐ Transfer caramel to small bowl and chill until slightly firm (semi-soft), stirring often, about 40 minutes.
  - ☐ Spoon caramel into center of baked crusts (about 2 generous tablespoons for each crust). Set aside.
  - ☐ Using electric mixer, beat chilled milk chocolate–cream mixture until peaks form; spoon atop caramel in crusts, dividing equally (about 1/2 cup for each crust) and spreading evenly. Chill at least 2 hours. DO AHEAD: Can be made 8 hours ahead. Cover and keep refrigerated.
  - ☐ Remove tartlets from pans. Lightly sift cocoa powder over tartlets and serve.

## Nutrition Facts



## Properties

Glycemic Index:31.28, Glycemic Load:24.13, Inflammation Score:-7, Nutrition Score:8.4269566043564%

## Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 594.26kcal (29.71%), Fat: 43.15g (66.39%), Saturated Fat: 26.86g (167.85%), Carbohydrates: 51.82g (17.27%), Net Carbohydrates: 49.87g (18.13%), Sugar: 37.34g (41.48%), Cholesterol: 140.58mg (46.86%), Sodium: 27.87mg (1.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.75mg (4.92%), Protein: 5.37g (10.74%), Vitamin A: 1443.42IU (28.87%), Vitamin B2: 0.29mg (17.25%), Selenium: 10.22µg (14.6%), Manganese: 0.26mg (12.8%), Phosphorus: 112.75mg (11.28%), Vitamin D: 1.56µg (10.43%), Vitamin B1: 0.15mg (9.91%), Copper: 0.2mg (9.8%), Folate: 37.22µg (9.3%), Magnesium: 36.4mg (9.1%), Iron: 1.59mg (8.81%), Fiber: 1.95g (7.79%), Vitamin E: 1.08mg (7.18%), Calcium: 67.22mg (6.72%), Vitamin B3: 1.13mg (5.63%), Zinc: 0.74mg (4.92%), Potassium: 171.27mg (4.89%), Vitamin K: 4.35µg (4.14%), Vitamin B5: 0.38mg (3.82%), Vitamin B12: 0.2µg (3.3%), Vitamin B6: 0.05mg (2.7%)