



Mint-Fudge Tart

READY IN



45 min.

SERVINGS



10

CALORIES



305 kcal

DESSERT

Ingredients

- ☐ 0.3 cup chocolate sundae syrup fat-free (such as Smucker's)
- ☐ 32 chocolate wafers such as nabisco famous crushed reduced-fat finely
- ☐ 8 crème de menthe chocolaty mint thins (such as Andes)
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 0.3 teaspoon mint extract
- ☐ 2 tablespoons stick margarine melted
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 0.3 cup cocoa unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

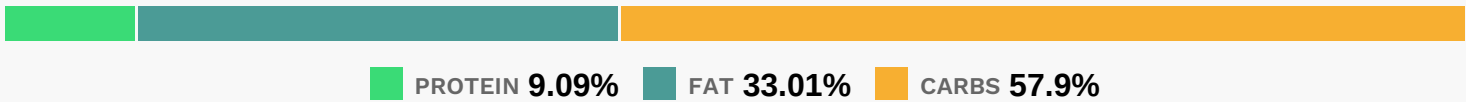
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ springform pan
- ☐ peeler

Directions

- ☐ Preheat oven to 350
- ☐ To prepare the crust, combine the first 3 ingredients in a bowl, and toss with a fork until moist. Firmly press the mixture into the bottom of a 9-inch springform pan.
- ☐ To prepare filling, beat cocoa and milk at medium speed of a mixer until blended.
- ☐ Add cream cheese; beat well.
- ☐ Add syrup, extracts, and eggs; beat just until smooth.
- ☐ Pour mixture into prepared crust.
- ☐ Bake at 350 for 35 minutes or until set. (Do not overbake.) Cool completely on a wire rack. Cover and chill 4 hours.
- ☐ To prepare topping, shave long edge of mint thins using a vegetable peeler.
- ☐ Spread whipped topping over tart; sprinkle with shaved mint thins.

Nutrition Facts



Properties

Glycemic Index:11.05, Glycemic Load:19.76, Inflammation Score:-4, Nutrition Score:7.600869583047%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 304.89kcal (15.24%), Fat: 11.47g (17.65%), Saturated Fat: 5.34g (33.38%), Carbohydrates: 45.27g (15.09%), Net Carbohydrates: 43.36g (15.77%), Sugar: 35.66g (39.62%), Cholesterol: 51.3mg (17.1%), Sodium: 223.52mg (9.72%), Alcohol: 0.41g (100%), Alcohol %: 0.53% (100%), Caffeine: 8.96mg (2.99%), Protein: 7.11g (14.22%), Phosphorus: 185.8mg (18.58%), Vitamin B2: 0.3mg (17.57%), Selenium: 11.49µg (16.41%), Manganese: 0.28mg (13.96%), Calcium: 138.15mg (13.81%), Copper: 0.25mg (12.6%), Magnesium: 42.17mg (10.54%), Iron: 1.59mg (8.84%), Potassium: 280.46mg (8.01%), Fiber: 1.91g (7.63%), Zinc: 0.97mg (6.5%), Vitamin B1: 0.08mg (5.62%), Vitamin A: 276.38IU (5.53%), Vitamin B5: 0.54mg (5.41%), Vitamin B12: 0.31µg (5.16%), Folate: 19.66µg (4.91%), Vitamin B3: 0.74mg (3.72%), Vitamin E: 0.46mg (3.06%), Vitamin B6: 0.05mg (2.68%), Vitamin D: 0.28µg (1.86%), Vitamin C: 1.05mg (1.28%), Vitamin K: 1.2µg (1.14%)