



No-cook chocolate tart



Gluten Free



Popular

READY IN



25 min.

SERVINGS



8

CALORIES



533 kcal

DESSERT

Ingredients

- ☐ 200 g pack all-butter biscuit
- ☐ 100 g butter
- ☐ 1 tbsp golden syrup
- ☐ 100 g bar chocolate dark
- ☐ 100 g bar milk chocolate
- ☐ 1 tsp vanilla extract
- ☐ 2 tbsp icing sugar for dusting
- ☐ 200 ml whipping cream

- ☐ 3 tbsp crème fraîche
- ☐ 200 g raspberry

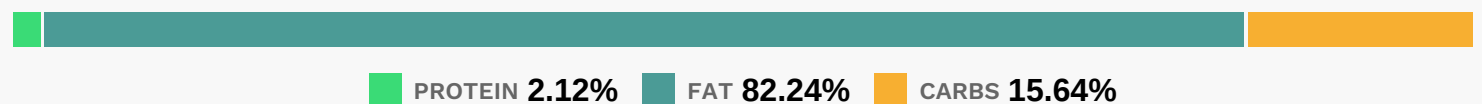
Equipment

- ☐ bowl
- ☐ knife
- ☐ microwave
- ☐ rolling pin

Directions

- ☐ Crush the biscuits by putting them in a large, strong, plastic food bag and bashing with a rolling pin. Melt the butter with the syrup or honey in the microwave, then stir in the biscuits. Press onto the base and up the sides of a 12 x 36cm rectangular tin (or 23–25cm round flan tin) and chill while you make the filling.
- ☐ Break up the two chocolate bars and put in a large bowl. Melt in the microwave for 2–3 mins on Medium, stirring halfway through. Stir in the vanilla extract, then sift in the icing sugar. Whip the cream until it just holds its shape, then fold into the melted chocolate.
- ☐ Pour into the prepared tin and smooth the top. Chill for at least 2 hrs or for up to 2 days.
- ☐ Just before serving, remove the tart from the tin and slide it onto a flat plate (loosen edges first with the tip of a small pointed knife). You will find it easier to remove the tart if you leave it at room temperature for 30 mins. Put a few tsps of crme frache along the centre of the tart (or around the edges if the tart is circular) and top each with a raspberry, then dust lightly with icing sugar.
- ☐ Cut into thin slices and serve with extra raspberries on the side.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:5.66, Inflammation Score:-7, Nutrition Score:7.8686956011731%

Flavonoids

Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 532.51kcal (26.63%), Fat: 50.13g (77.12%), Saturated Fat: 31.09g (194.31%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 17.77g (6.46%), Sugar: 15.65g (17.39%), Cholesterol: 112.07mg (37.36%), Sodium: 254.15mg (11.05%), Alcohol: 0.18g (100%), Alcohol %: 0.19% (100%), Caffeine: 18.25mg (6.08%), Protein: 2.9g (5.81%), Vitamin A: 1347.98IU (26.96%), Manganese: 0.47mg (23.74%), Copper: 0.32mg (15.95%), Fiber: 3.67g (14.7%), Magnesium: 51.15mg (12.79%), Iron: 2.04mg (11.35%), Vitamin E: 1.44mg (9.61%), Phosphorus: 91.16mg (9.12%), Vitamin C: 6.74mg (8.17%), Vitamin B2: 0.12mg (6.92%), Vitamin K: 7.15µg (6.81%), Potassium: 202.71mg (5.79%), Zinc: 0.82mg (5.44%), Calcium: 48.6mg (4.86%), Selenium: 2.56µg (3.65%), Vitamin D: 0.4µg (2.68%), Vitamin B5: 0.26mg (2.64%), Vitamin B12: 0.15µg (2.47%), Vitamin B3: 0.4mg (2.02%), Folate: 8.03µg (2.01%), Vitamin B6: 0.04mg (1.79%), Vitamin B1: 0.02mg (1.51%)