



WHATSheATE



Peanut Butter-Honey Tart with Ganache Glaze

READY IN



45 min.

SERVINGS



16

CALORIES



342 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour
- ☐ 6 ounces bittersweet chocolate finely chopped
- ☐ 0.3 cup creamy peanut butter with only peanuts and salt) (smooth)
- ☐ 1 cup chop roasted peanuts salted
- ☐ 1 large eggs separated
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.3 cup honey
- ☐ 2 teaspoons water ()

- ☐ 2 tablespoons milk
- ☐ 3 tablespoons peanuts salted coarsely chopped
- ☐ 1 cup powdered sugar
- ☐ 1 pinch salt
- ☐ 5 tablespoons sugar
- ☐ 0.3 cup butter unsalted ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Spray 9-inch square or 10-inch-diameter tart pan with removable bottom with nonstick spray. Blend flour, sugar, and salt in processor 5 seconds.
- ☐ Add butter and blend until coarse crumbs form.
- ☐ Add egg yolk and 2 teaspoons ice water. Blend until moist clumps form, adding more ice water by teaspoonfuls if dry. Gather dough into ball; flatten into square or disk (depending on shape of pan). Wrap and chill 1 hour. DO AHEAD: Can be made 1 day ahead. Keep chilled. Soften slightly at room temperature before rolling out.
- ☐ Roll out dough to 11- to 12-inch square or round.
- ☐ Transfer dough to prepared pan.
- ☐ Cut off all but 1/2 inch of overhang. Fold overhang in, creating double-thick sides. Freeze until firm, about 15 minutes. Preheat oven to 350°F.
- ☐ Bake crust until pale golden, checking every 5 minutes and pressing bottom if bubbling and pressing sides up with back of fork if slipping, about 28 minutes.
- ☐ Beat egg white in small bowl until foamy.

- ☐ Brush some white over hot crust to coat inside.
- ☐ Bake 1 minute longer. Cool on rack. Increase oven temperature to 375°F.
- ☐ Melt butter in heavy medium saucepan over medium heat.
- ☐ Whisk in brown sugar and salt, then cream and honey. Bring to rolling boil, swirling pan occasionally. Boil 1 minute.
- ☐ Whisk in 1 cup peanuts.
- ☐ Pour filling into crust.
- ☐ Bake tart until filling is bubbling thickly, about 15 minutes. Cool on rack until firm, about 2 hours; freeze 15 minutes.
- ☐ Beat powdered sugar and peanut butter in medium bowl until blended. Gradually beat in 2 tablespoons milk, then more by teaspoonfuls to thin slightly; spread evenly over peanut filling. Refrigerate tart while preparing glaze.
- ☐ Place chocolate in medium bowl. Bring cream to simmer in small saucepan; pour over chocolate.
- ☐ Whisk until smooth.
- ☐ Spread glaze over tart.
- ☐ Sprinkle chopped peanuts around edge. Chill tart until glaze sets, at least 1 hour. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Let stand at room temperature 1 hour before serving.
- ☐ Using tip of small knife, gently loosen crust from pan. Push up pan bottom, releasing tart.
- ☐ Cut square tart in half and cut each half crosswise into 7 or 8 slices or cut round tart into wedges.

Nutrition Facts



Properties

Glycemic Index:16.48, Glycemic Load:11.23, Inflammation Score:-4, Nutrition Score:7.4591303432117%

Nutrients (% of daily need)

Calories: 342.43kcal (17.12%), Fat: 18.44g (28.36%), Saturated Fat: 7.43g (46.45%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 38.27g (13.92%), Sugar: 28.82g (32.02%), Cholesterol: 28.52mg (9.51%), Sodium: 75.56mg (3.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.14mg (3.05%), Protein: 6.37g (12.75%), Manganese: 0.54mg (27.14%), Vitamin B3: 3.06mg (15.28%), Magnesium: 52.11mg (13.03%), Copper: 0.24mg (11.83%), Phosphorus: 111.52mg (11.15%), Selenium: 6.89µg (9.84%), Folate: 38.17µg (9.54%), Fiber: 2.35g (9.41%), Iron: 1.59mg (8.82%), Vitamin E: 1.2mg (8.03%), Vitamin B1: 0.12mg (7.89%), Vitamin B2: 0.12mg (7.15%), Zinc: 0.87mg (5.83%), Potassium: 202.51mg (5.79%), Vitamin B6: 0.1mg (4.78%), Vitamin A: 223.2IU (4.46%), Vitamin B5: 0.39mg (3.87%), Calcium: 34.19mg (3.42%), Vitamin D: 0.26µg (1.7%), Vitamin K: 1.31µg (1.25%), Vitamin B12: 0.08µg (1.25%)