



Pecan and Chocolate Tart with Bourbon Whipped Crème Fraîche

READY IN



45 min.

SERVINGS



10

CALORIES



592 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 2 teaspoons bourbon
- ☐ 0.5 cup plus light
- ☐ 0.3 cup crème fraîche
- ☐ 0.5 cup corn syrup dark
- ☐ 3 large eggs
- ☐ 0.8 cup heavy whipping cream
- ☐ 0.3 teaspoon kosher salt

- ☐ 1.5 cups pecans
- ☐ 1.5 cups pecans chopped
- ☐ 1 cup sugar
- ☐ 0.3 cup butter unsalted ()
- ☐ 0.5 vanilla pod split

Equipment

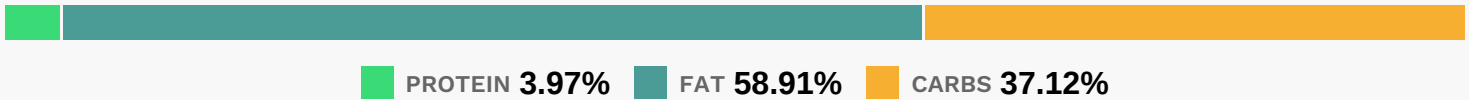
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ tart form

Directions

- ☐ Roll out Pâte Sucrée disk on a lightly floured work surface to a 1/8"-thick round, dusting with flour as necessary to prevent sticking.
- ☐ Transfer crust to tart pan; press onto bottom and up sides of pan. Trim dough flush with edge of pan. Chill for 1 hour.
- ☐ Meanwhile, preheat oven to 350°F.
- ☐ Spread out chopped pecans in a single layer on a rimmed baking sheet and toast, stirring once or twice, until lightly browned and aromatic, 8-10 minutes.
- ☐ Place butter in a small skillet over medium heat. Scrape in seeds from vanilla bean; add bean. Cook, swirling pan a few times, until butter browns and smells nutty, about 5 minutes. Discard vanilla bean.
- ☐ Whisk sugar, both corn syrups, and salt in a large bowl.
- ☐ Whisk in warm brown butter, then eggs; whisk to blend.
- ☐ Spread chopped pecans in an even layer over prepared tart shell. Scatter chocolate over.
- ☐ Place pecan halves in concentric circles over chopped pecans and chocolate.

- ☐ Pour filling slowly and evenly over nuts.
- ☐ Bake tart until filling is just set in center, 45–50 minutes.
- ☐ Transfer tart to a wire rack; let cool for at least 30 minutes. DO AHEAD: Tart can be made 8 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Beat cream, crème fraîche, and bourbon until soft peaks form. DO AHEAD: Bourbon whipped crème fraîche can be made 4 hours ahead. Cover; chill. Rewhisk before serving.
- ☐ Remove pan sides.
- ☐ Cut tart into wedges.
- ☐ Serve warm or at room temperature with bourbon whipped crème fraîche.

Nutrition Facts



Properties

Glycemic Index: 21.41, Glycemic Load: 28.49, Inflammation Score: -5, Nutrition Score: 11.928695549136%

Flavonoids

Cyanidin: 3.35mg, Cyanidin: 3.35mg, Cyanidin: 3.35mg, Cyanidin: 3.35mg Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg Epigallocatechin: 1.76mg, Epigallocatechin: 1.76mg, Epigallocatechin: 1.76mg, Epigallocatechin: 1.76mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg

Nutrients (% of daily need)

Calories: 592.38kcal (29.62%), Fat: 40.53g (62.36%), Saturated Fat: 12.5g (78.11%), Carbohydrates: 57.47g (19.16%), Net Carbohydrates: 53.57g (19.48%), Sugar: 52.46g (58.29%), Cholesterol: 92.24mg (30.75%), Sodium: 125.01mg (5.44%), Alcohol: 0.33g (100%), Alcohol %: 0.3% (100%), Caffeine: 9.75mg (3.25%), Protein: 6.14g (12.28%), Manganese: 1.58mg (78.88%), Copper: 0.54mg (27.07%), Phosphorus: 163.61mg (16.36%), Magnesium: 62.98mg (15.75%), Fiber: 3.9g (15.61%), Vitamin B1: 0.23mg (15.5%), Zinc: 2.06mg (13.72%), Selenium: 8.28µg (11.83%), Vitamin A: 544.18IU (10.88%), Iron: 1.87mg (10.36%), Vitamin B2: 0.17mg (9.72%), Potassium: 246.53mg (7.04%), Vitamin E: 0.98mg (6.53%), Calcium: 61.74mg (6.17%), Vitamin B5: 0.61mg (6.08%), Vitamin B6: 0.11mg (5.26%), Vitamin D: 0.67µg (4.47%), Folate: 15.14µg (3.79%), Vitamin B12: 0.2µg (3.4%), Vitamin K: 3.01µg (2.86%), Vitamin B3: 0.49mg (2.47%)