



Pecan and Chocolate Tart with Bourbon Whipped Crème Fraîche

READY IN



45 min.

SERVINGS



10

CALORIES



677 kcal

DESSERT

Ingredients

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

- ☐ 1 pâte sucrée disk
- ☐ 1.5 cups pecan halves
- ☐ 1.5 cups pecans plus chopped
- ☐ 1 cup sugar
- ☐ 0.3 cup butter unsalted ()
- ☐ 0.5 vanilla pod split

Equipment

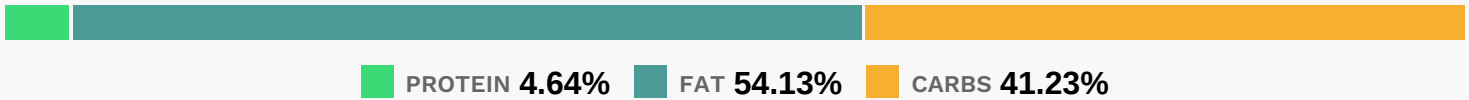
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ tart form

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 pecanhalves in concentric circles over choppedpecans and chocolate.
- ☐ Pour filling slowlyand evenly over nuts.
- ☐ Bake tart until filling is just set in center,45–50 minutes.
- ☐ Transfer tart to a wire rack; let cool forat least 30 minutes. DO AHEAD: Tart canbe made 8 hours ahead.
- ☐ Let stand at roomtemperature.
- ☐ Beat cream, crème fraîche, and bourbonuntil soft peaks form. DO AHEAD: Bourbonwhipped crème fraîche can be made 4 hoursahead. Cover; chill. Rewhisk before serving.
- ☐ Remove pan sides.
- ☐ Cut tart into wedges.
- ☐ Serve warm or at room temperature withbourbon whipped crème fraîche.

Nutrition Facts



Properties

Glycemic Index:25.21, Glycemic Load:33.94, Inflammation Score:-6, Nutrition Score:14.528260868529%

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: 676.99kcal (33.85%), Fat: 42.23g (64.97%), Saturated Fat: 12.91g (80.71%), Carbohydrates: 72.36g (24.12%), Net Carbohydrates: 67.92g (24.7%), Sugar: 52.51g (58.35%), Cholesterol: 92.24mg (30.75%), Sodium: 261.69mg (11.38%), Alcohol: 0.33g (100%), Alcohol %: 0.25% (100%), Caffeine: 9.75mg (3.25%), Protein: 8.15g (16.3%), Manganese: 1.71mg (85.62%), Copper: 0.57mg (28.5%), Vitamin B1: 0.39mg (25.71%), Selenium: 14.88µg (21.25%), Phosphorus: 184.83mg (18.48%), Fiber: 4.44g (17.76%), Magnesium: 67.23mg (16.81%), Iron: 2.77mg (15.41%), Vitamin B2: 0.26mg (15.39%), Zinc: 2.2mg (14.65%), Vitamin A: 544.18IU (10.88%), Folate: 40.05µg (10.01%), Vitamin B3: 1.65mg (8.23%), Potassium: 267.47mg (7.64%), Vitamin B5: 0.69mg (6.94%), Vitamin E: 1mg (6.68%), Calcium: 64.86mg (6.49%), Vitamin B6: 0.11mg (5.68%), Vitamin D: 0.67µg (4.47%), Vitamin K: 3.72µg (3.54%), Vitamin B12: 0.2µg (3.4%)