



Peppermint Brownie Tarts

READY IN



30 min.

SERVINGS



30

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 4 ounce chocolate baking squares unsweetened
- ☐ 0.5 cup butter softened
- ☐ 1 cup butter softened
- ☐ 0.5 cup peppermint candy canes crushed
- ☐ 0.3 teaspoon peppermint oil
- ☐ 1 warm chocolate glaze
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup milk

- ☐ 16 ounce powdered sugar
- ☐ 1 cup semisweet chocolate morsels
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Microwave chocolate squares in a microwave-safe bowl at MEDIUM (50% power) 1 1/2 minutes, stirring at 30-second intervals until melted. Stir until smooth.
- ☐ Beat 1 cup butter and 2 cups sugar at medium speed with an electric mixer until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Add melted chocolate, beating just until blended.
- ☐ Add flour, beating at low speed just until blended. Stir in vanilla and chocolate morsels.
- ☐ Spread batter evenly into 2 greased and floured 9-inch tart pans with removable bottoms.
- ☐ Bake at 350 for 20 minutes or until center is set. Cool completely on wire racks.
- ☐ Beat 1/2 cup butter at medium speed with an electric mixer until creamy; gradually add powdered sugar alternately with milk, beating at low speed after each addition. Stir in peppermint oil.
- ☐ Divide butter mixture between each tart, spreading evenly over cooled brownies in pans; cover and chill 1 hour or until firm. Divide Chocolate Glaze evenly between each tart, spreading over chilled butter mixture in pans.
- ☐ Sprinkle crushed peppermint candy around outer edge of each tart.

Nutrition Facts



 PROTEIN 3.29%  FAT 46.32%  CARBS 50.39%

Properties

Glycemic Index:9.44, Glycemic Load:11.66, Inflammation Score:-3, Nutrition Score:4.0056521607482%

Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg

Nutrients (% of daily need)

Calories: 293.74kcal (14.69%), Fat: 15.68g (24.13%), Saturated Fat: 9.82g (61.34%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 37.17g (13.51%), Sugar: 32.79g (36.43%), Cholesterol: 49.89mg (16.63%), Sodium: 87.96mg (3.82%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Caffeine: 8.18mg (2.73%), Protein: 2.51g (5.01%), Manganese: 0.27mg (13.44%), Copper: 0.21mg (10.5%), Iron: 1.37mg (7.58%), Selenium: 4.61µg (6.58%), Vitamin A: 327.03IU (6.54%), Magnesium: 25.21mg (6.3%), Phosphorus: 53.89mg (5.39%), Fiber: 1.22g (4.88%), Zinc: 0.66mg (4.42%), Vitamin B2: 0.07mg (4.17%), Folate: 12.16µg (3.04%), Vitamin B1: 0.05mg (3%), Vitamin E: 0.39mg (2.62%), Potassium: 86.62mg (2.47%), Calcium: 24.17mg (2.42%), Vitamin B3: 0.36mg (1.8%), Vitamin B12: 0.1µg (1.73%), Vitamin B5: 0.17mg (1.67%), Vitamin K: 1.66µg (1.58%), Vitamin D: 0.16µg (1.09%)