



Raspberry-Chocolate Tart

READY IN



45 min.

SERVINGS



8

CALORIES



463 kcal

DESSERT

Ingredients

- ☐ 1.5 cups chocolate wafer crumbs plain (6 ounces chocolate wafers)
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 8 ounce mascarpone cheese
- ☐ 1 pint raspberries fresh
- ☐ 0.3 cup raspberry jam seedless
- ☐ 0.5 cup sugar
- ☐ 6 tablespoons butter unsalted melted ()
- ☐ 0.3 teaspoon vanilla extract

- ☐ 2 tablespoons water

Equipment

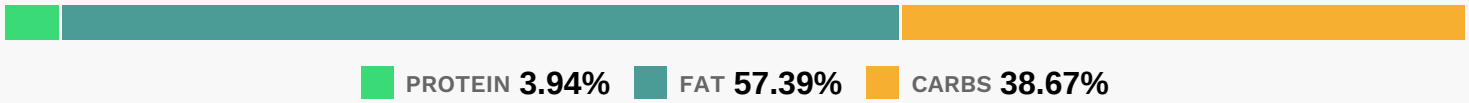
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine cookie crumbs, melted butter, and sugar in processor; process until crumbs are evenly moistened. Press mixture onto bottom and up sides of 9-inch-diameter tart pan with removable bottom.
- ☐ Bake crust until set, about 10 minutes. Cool crust completely on rack.
- ☐ Combine raspberries, 1/4 cup sugar, 2 tablespoons water, and lemon juice in processor. Puree until smooth.
- ☐ Pour puree through strainer set over medium bowl, pressing on solids to extract as much liquid as possible; discard seeds in strainer.
- ☐ Combine mascarpone, heavy whipping cream, vanilla, and remaining 1/4 cup sugar in another medium bowl. Using electric mixer, beat until mixture is smooth and stiff peaks form. Fold in raspberry puree.
- ☐ Spread filling evenly in cooled chocolate crust. Cover and refrigerate tart overnight.
- ☐ Arrange fresh raspberries in concentric circles atop tart. Stir raspberry preserves in heavy small saucepan over medium-low heat until melted to form glaze.
- ☐ Brush glaze over fresh raspberries. Refrigerate tart at least 1 hour and up to 4 hours.
- ☐ Remove tart pan sides.
- ☐ Place tart on platter.
- ☐ Cut into wedges and serve.

- ☐
- To make the crumbs for the crust, finely grind purchased plain chocolate wafer cookies in a processor.
- ☐
- *Italian cream cheese, available at Italian markets and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:25.07, Glycemic Load:22.04, Inflammation Score:-6, Nutrition Score:7.733478307724%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 463.13kcal (23.16%), Fat: 30.06g (46.25%), Saturated Fat: 17.66g (110.35%), Carbohydrates: 45.57g (15.19%), Net Carbohydrates: 40.85g (14.86%), Sugar: 30.29g (33.65%), Cholesterol: 68.15mg (22.72%), Sodium: 148.02mg (6.44%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 4.65g (9.29%), Manganese: 0.55mg (27.48%), Vitamin C: 17.07mg (20.7%), Fiber: 4.72g (18.87%), Vitamin A: 900.03IU (18%), Copper: 0.17mg (8.48%), Calcium: 76.45mg (7.64%), Iron: 1.34mg (7.46%), Vitamin B2: 0.12mg (7.25%), Vitamin E: 1.06mg (7.09%), Magnesium: 26.05mg (6.51%), Folate: 24.88µg (6.22%), Vitamin K: 6.33µg (6.03%), Phosphorus: 58.77mg (5.88%), Vitamin B3: 0.97mg (4.87%), Potassium: 162.05mg (4.63%), Vitamin B1: 0.07mg (4.5%), Zinc: 0.53mg (3.55%), Vitamin B5: 0.33mg (3.28%), Selenium: 2.23µg (3.18%), Vitamin D: 0.4µg (2.64%), Vitamin B6: 0.05mg (2.6%), Vitamin B12: 0.06µg (1.01%)