



Raspberry Truffle Tart

 Gluten Free

READY IN



245 min.

SERVINGS



8

CALORIES



582 kcal

DESSERT

Ingredients

- ☐ 0.5 cup powdered sugar
- ☐ 0.5 cup pecans finely chopped
- ☐ 0.3 cup butter firm ()
- ☐ 1 tablespoon water hot
- ☐ 0.7 cup raspberry jam melted
- ☐ 1 cup whipping cream (heavy)
- ☐ 12 ounces semi chocolate chips (2 cups)
- ☐ 2 cups raspberries

- ☐ 2 tablespoons raspberry liqueur
- ☐ 1 serving whipped cream
- ☐ 1.3 cups frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ springform pan
- ☐ tart form

Directions

- ☐ Heat oven to 350°F. Grease tart pan with removable bottom, about 9x1 inch, or springform pan, 9x3 inches.
- ☐ Mix Bisquick, powdered sugar and pecans in medium bowl.
- ☐ Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in hot water. Press mixture firmly in bottom of tart pan.
- ☐ Bake 15 to 20 minutes or until set but not brown.
- ☐ Brush with 1/3 cup of preserves. Cool completely.
- ☐ Heat whipping cream and chocolate chips in 1-quart saucepan over medium heat, stirring constantly, until smooth; remove from heat. Stir in liqueur.
- ☐ Pour over crust; spread evenly. Refrigerate uncovered at least 2 hours until set.
- ☐ Brush remaining 1/3 cup preserves over chocolate layer. Top with raspberries. Refrigerate uncovered at least 15 minutes before serving.
- ☐ Remove side of pan.
- ☐ Cut into wedges.
- ☐ Serve with whipped cream. Store covered in refrigerator.

Nutrition Facts

 **PROTEIN 3.16%**  **FAT 58.53%**  **CARBS 38.31%**

Properties

Glycemic Index:18.25, Glycemic Load:11.07, Inflammation Score:-7, Nutrition Score:12.146956423055%

Flavonoids

Cyanidin: 14.46mg, Cyanidin: 14.46mg, Cyanidin: 14.46mg, Cyanidin: 14.46mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 582.46kcal (29.12%), Fat: 38.04g (58.52%), Saturated Fat: 17.93g (112.08%), Carbohydrates: 56.02g (18.67%), Net Carbohydrates: 49.71g (18.08%), Sugar: 40.42g (44.91%), Cholesterol: 36.74mg (12.25%), Sodium: 89.15mg (3.88%), Alcohol: 0.98g (100%), Alcohol %: 0.78% (100%), Caffeine: 37.55mg (12.52%), Protein: 4.63g (9.26%), Manganese: 1.08mg (54.18%), Copper: 0.67mg (33.67%), Fiber: 6.32g (25.27%), Magnesium: 93.33mg (23.33%), Iron: 3.24mg (18.01%), Phosphorus: 163.3mg (16.33%), Vitamin A: 731.18IU (14.62%), Vitamin C: 10.62mg (12.87%), Zinc: 1.65mg (11.03%), Potassium: 369.78mg (10.57%), Selenium: 5.42µg (7.74%), Vitamin E: 1.14mg (7.6%), Vitamin B2: 0.12mg (7.27%), Calcium: 66.99mg (6.7%), Vitamin K: 6.61µg (6.29%), Vitamin B1: 0.08mg (5.32%), Vitamin B5: 0.37mg (3.75%), Vitamin B3: 0.65mg (3.26%), Vitamin D: 0.48µg (3.19%), Vitamin B6: 0.06mg (3.11%), Folate: 12.2µg (3.05%), Vitamin B12: 0.13µg (2.22%)