



## Raspberry Velvet Tart

 Vegetarian

READY IN



210 min.

SERVINGS



14

CALORIES



307 kcal

DESSERT

### Ingredients

- 12 oz baker's chocolate white divided
- 0.8 cup butter cold divided
- 1 cup flour
- 2 cups raspberries fresh divided
- 0.3 cup sugar
- 0.5 tsp vanilla
- 0.5 cup whipping cream

### Equipment

- bowl
- frying pan
- oven
- knife
- blender
- microwave
- springform pan
- tart form

## Directions

- Mix flour and sugar in medium bowl until blended.
- Cut in 1/2 cup butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Add vanilla; mix well. Press onto bottom and up side of 9-inch tart pan with removable bottom or springform pan. Refrigerate 30 min.
- Heat oven to 425F.
- Bake crust 10 min.; cool completely.
- Reserve 1/2 oz. chocolate for garnish. Chop remaining chocolate; place in medium microwaveable bowl.
- Add cream and remaining butter; microwave on HIGH 2 min. or until chocolate is almost melted, stirring every minute. Stir until chocolate is completely melted and mixture is well blended.
- Reserve a few raspberries for garnish.
- Spread remaining raspberries onto bottom of crust; cover with chocolate mixture. Refrigerate 2 hours or until firm. Meanwhile, make curls from reserved chocolate (see Tip); refrigerate until ready to use.
- Run knife around tart to loosen from rim of pan; remove rim.
- Let tart stand at room temperature 30 min. before serving.
- Garnish with reserved raspberries and chocolate curls.

## Nutrition Facts



■ PROTEIN 3.7% ■ FAT 60.21% ■ CARBS 36.09%

## Properties

Glycemic Index:20.79, Glycemic Load:18.53, Inflammation Score:-3, Nutrition Score:4.5030434934989%

## Flavonoids

Cyanidin: 7.85mg, Cyanidin: 7.85mg, Cyanidin: 7.85mg, Cyanidin: 7.85mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 307.25kcal (15.36%), Fat: 20.95g (32.22%), Saturated Fat: 12.94g (80.86%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 26.85g (9.76%), Sugar: 20.15g (22.38%), Cholesterol: 40.85mg (13.62%), Sodium: 102.77mg (4.47%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Protein: 2.9g (5.8%), Manganese: 0.18mg (8.92%), Vitamin A: 441.79IU (8.84%), Vitamin B2: 0.14mg (8.25%), Phosphorus: 65.24mg (6.52%), Selenium: 4.56µg (6.51%), Calcium: 62.57mg (6.26%), Vitamin B1: 0.09mg (6.21%), Vitamin C: 4.66mg (5.65%), Fiber: 1.4g (5.62%), Folate: 22.35µg (5.59%), Vitamin E: 0.75mg (4.99%), Vitamin K: 4.7µg (4.47%), Vitamin B3: 0.82mg (4.11%), Iron: 0.6mg (3.36%), Potassium: 116.25mg (3.32%), Vitamin B12: 0.17µg (2.84%), Vitamin B5: 0.28mg (2.78%), Magnesium: 9.51mg (2.38%), Zinc: 0.35mg (2.31%), Copper: 0.04mg (2.21%), Vitamin B6: 0.03mg (1.52%)