



Salted Caramel-Pecan Tart

READY IN



135 min.

SERVINGS



8

CALORIES



524 kcal

DESSERT

Ingredients

- 1 large egg yolk
- 2 large eggs
- 1 cup flour all-purpose
- 2 tablespoons flour all-purpose
- 0.5 cup heavy cream
- 0.5 teaspoon kosher salt
- 1.8 cups pecans
- 4 tablespoons butter salted thinly sliced at room temperature
- 6 tablespoons butter salted cold cut into small pieces

- 8 servings sea salt for sprinkling
- 1 ounce bittersweet chocolate finely chopped
- 0.3 cup sugar
- 0.7 cup sugar
- 1 teaspoon vanilla extract

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- aluminum foil
- microwave
- tart form
- pastry brush

Directions

- Preheat the oven to 350 degrees F. Make the crust: Lightly coat a 9-inch fluted tart pan with a removable bottom with cooking spray.
- Spread the pecans on a baking sheet and roast until golden brown, 8 to 10 minutes; let cool.
- Transfer 1/2 cup of the pecans to a food processor; add the flour, sugar and kosher salt and pulse until the nuts are finely ground.
- Add the butter and pulse until it is in pea-size bits. Pulse in the egg yolk and vanilla until large clumps form.
- Transfer the dough to the prepared pan and press it into the bottom and up the sides. Prick the bottom all over with a fork, then freeze until firm, about 20 minutes.
- Line the crust with foil and fill with pie weights or dried beans.

- Bake until set, about 25 minutes, then remove the foil and weights and continue baking until golden, 10 to 15 more minutes.
- Transfer to a rack and let cool completely.
- Combine the sugar, 1/4 cup water and the kosher salt in a medium saucepan over medium heat, stirring just until the sugar dissolves. Cook, swirling the pan but not stirring, until amber, 8 to 10 minutes.
- Brush any sugar crystals off the side of the pan with a wet pastry brush.
- Remove from the heat and carefully whisk in the heavy cream, butter and vanilla (the mixture will bubble). Return to medium heat and simmer, whisking constantly, until thick enough to coat a spoon, 3 to 4 minutes.
- Let cool 5 minutes.
- Gently whisk the eggs and flour in a large bowl, then whisk in the caramel.
- Place the crust on a baking sheet, arrange the remaining 1 1/4 cups pecans in the bottom and add the filling.
- Bake until set around the edge, 30 to 35 minutes.
- Transfer to a rack to cool.
- Put the chocolate in a microwave-safe bowl and microwave in 30-second intervals, stirring, until smooth.
- Drizzle over the tart and sprinkle with sea salt.
- Let the chocolate set before slicing.
- Photograph by Kana Okada

Nutrition Facts

 **PROTEIN 4.82%**  **FAT 64.25%**  **CARBS 30.93%**

Properties

Glycemic Index:50.02, Glycemic Load:25.76, Inflammation Score:-6, Nutrition Score:10.939130540775%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin:

0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg

Nutrients (% of daily need)

Calories: 524.3kcal (26.21%), Fat: 38.51g (59.25%), Saturated Fat: 15.16g (94.73%), Carbohydrates: 41.71g (13.9%), Net Carbohydrates: 38.87g (14.14%), Sugar: 25.65g (28.49%), Cholesterol: 124.1mg (41.37%), Sodium: 475.42mg (20.67%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Caffeine: 3.05mg (1.02%), Protein: 6.49g (12.99%), Manganese: 1.15mg (57.43%), Vitamin B1: 0.29mg (19.61%), Selenium: 12.84µg (18.34%), Copper: 0.34mg (17.19%), Vitamin A: 768.03IU (15.36%), Phosphorus: 134mg (13.4%), Vitamin B2: 0.22mg (13.14%), Folate: 46.89µg (11.72%), Fiber: 2.84g (11.34%), Iron: 1.89mg (10.52%), Magnesium: 39.36mg (9.84%), Zinc: 1.46mg (9.75%), Vitamin E: 1.06mg (7.09%), Vitamin B3: 1.35mg (6.73%), Vitamin B5: 0.59mg (5.87%), Potassium: 166.77mg (4.76%), Vitamin B6: 0.09mg (4.45%), Calcium: 44.23mg (4.42%), Vitamin D: 0.6µg (4.02%), Vitamin B12: 0.21µg (3.54%), Vitamin K: 2.82µg (2.68%)