



Samoa Tartlets

READY IN



65 min.

SERVINGS



12

CALORIES



301 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 ounces bittersweet chocolate very finely chopped
- ☐ 1 cup coconut or shredded plus more for garnish toasted
- ☐ 0.8 cup dulce de leche warmed (available in the dessert-topping section)
- ☐ 0.3 cup flour all-purpose
- ☐ 1 quart coconut ice cream
- ☐ 2 tablespoons brown sugar light packed
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons butter unsalted cold plus more for greasing cut into pieces,

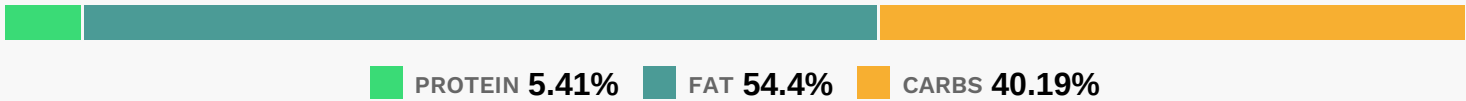
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ spatula
- ☐ muffin tray

Directions

- ☐ Position a rack in the middle of the oven and preheat to 350 degrees. Grease a 12-cup muffin pan with butter.
- ☐ Pulse the flour, 1/4 cup coconut, brown sugar and salt in a food processor until combined.
- ☐ Add the cold butter and pulse until the mixture resembles wet sand with pea-sized pieces, about 5 times. Put 1 heaping tablespoon of the mixture in each muffin cup and press to make even rounds.
- ☐ Bake until the crusts are golden, about 20 minutes.
- ☐ Remove the pan from the oven and sprinkle the chocolate evenly over each crust. Turn off the oven; return the pan to the oven to melt the chocolate, about 3 minutes.
- ☐ Sprinkle each crust with 1 tablespoon of the remaining coconut. Cool slightly, then freeze crusts in the pan until set, about 15 minutes.
- ☐ With a thin spatula, gently remove each crust from the muffin pan. Top with a small scoop of coconut ice cream, drizzle with dulce de leche and garnish with more coconut.
- ☐ Photograph by Tina Rupp

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:12.97, Inflammation Score:-4, Nutrition Score:6.1939130321793%

Nutrients (% of daily need)

Calories: 300.57kcal (15.03%), Fat: 18.31g (28.16%), Saturated Fat: 11.74g (73.38%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 28.24g (10.27%), Sugar: 23.42g (26.02%), Cholesterol: 42.93mg (14.31%), Sodium: 115.07mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.16mg (3.39%), Protein: 4.1g (8.19%), Manganese: 0.29mg (14.4%), Vitamin B2: 0.21mg (12.63%), Phosphorus: 125.72mg (12.57%), Calcium: 112.25mg (11.23%), Copper: 0.2mg (10.05%), Fiber: 2.19g (8.76%), Magnesium: 34.98mg (8.74%), Vitamin A: 425.38IU (8.51%), Potassium: 254.87mg (7.28%), Iron: 1.16mg (6.42%), Zinc: 0.96mg (6.39%), Selenium: 4.32µg (6.17%), Vitamin B12: 0.33µg (5.58%), Vitamin B5: 0.54mg (5.35%), Vitamin B1: 0.07mg (4.53%), Folate: 12.16µg (3.04%), Vitamin E: 0.41mg (2.7%), Vitamin B6: 0.05mg (2.4%), Vitamin B3: 0.44mg (2.18%), Vitamin D: 0.21µg (1.4%), Vitamin K: 1.36µg (1.29%)