



## Silky Chocolate Tart

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

### Ingredients

- 7 ounces bittersweet chocolate chopped
- 1 egg yolk
- 1 cup heavy whipping cream
- 1 prebaked pastry shell (9 in.)

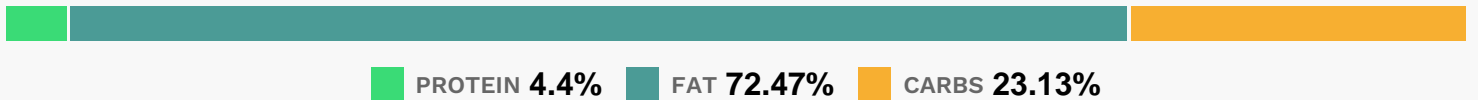
### Equipment

- sauce pan
- oven

### Directions

- Preheat oven to 32
- In a small saucepan, bring cream to a simmer.
- Remove from heat and add chocolate. Stir until chocolate is completely melted.
- Let sit 5 minutes. Stir in egg yolk until thoroughly combined.
- Pour into pastry shell and bake until center of tart is just starting to firm up, about 25 minutes.
- Let cool to room temperature.

## Nutrition Facts



### Properties

Glycemic Index:7, Glycemic Load:1.43, Inflammation Score:-4, Nutrition Score:5.889130420011%

### Nutrients (% of daily need)

Calories: 284.39kcal (14.22%), Fat: 23.08g (35.5%), Saturated Fat: 13.09g (81.81%), Carbohydrates: 16.58g (5.53%),  
 Net Carbohydrates: 14.51g (5.27%), Sugar: 10.03g (11.15%), Cholesterol: 59.41mg (19.8%), Sodium: 26.22mg (1.14%),  
 Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 21.33mg (7.11%), Protein: 3.15g (6.3%), Manganese: 0.36mg  
 (17.94%), Copper: 0.32mg (16.06%), Magnesium: 46.79mg (11.7%), Iron: 1.81mg (10.05%), Vitamin A: 482.23IU  
 (9.64%), Phosphorus: 94.05mg (9.41%), Fiber: 2.07g (8.29%), Selenium: 5.66µg (8.08%), Vitamin B2: 0.1mg (5.68%),  
 Zinc: 0.81mg (5.41%), Potassium: 174.95mg (5%), Vitamin D: 0.6µg (3.98%), Calcium: 38.5mg (3.85%), Vitamin K:  
 3.7µg (3.52%), Vitamin E: 0.51mg (3.4%), Vitamin B1: 0.04mg (2.75%), Vitamin B3: 0.47mg (2.36%), Vitamin B12:  
 0.14µg (2.27%), Folate: 9.06µg (2.26%), Vitamin B5: 0.22mg (2.18%), Vitamin B6: 0.03mg (1.4%)