

## S'mores Tartlets

READY IN



300 min.

SERVINGS



50

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1 tablespoon plus light
- ☐ 2 large egg whites
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 cup cup heavy whipping cream
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup brown sugar light packed
- ☐ 7 ounces semi chocolate chips

- ☐ 0.7 cup sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 vanilla pod split seeded
- ☐ 0.3 cup water
- ☐ 0.3 cup wheat germ
- ☐ 0.3 cup milk whole
- ☐ 0.7 cup flour whole wheat

## Equipment

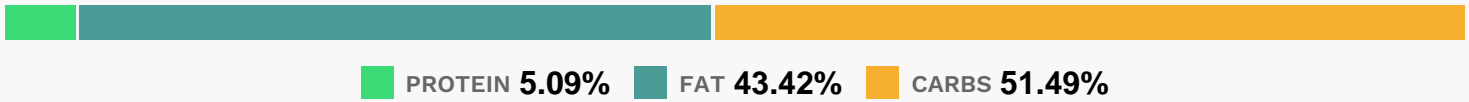
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ pastry bag

## Directions

- ☐ For the Tartlet Shells: In the bowl of a stand mixer, fitted with the paddle attachment, cream butter, sugar and honey on medium speed until light and fluffy. In a medium-sized mixing bowl, whisk together both flours, wheat germ, salt, baking soda, and cinnamon until well combined. Turn mixer to low and slowly add dry ingredients to butter and sugar mixture; continue to mix until evenly incorporated, about 2 minutes.
- ☐ Remove the dough from mixer and shape into a flat patty about 1" thick; wrap dough in plastic wrap and refrigerate for about two hours.

- ☐ Adjust oven rack to middle position and preheat oven to 325 degrees. Gently roll dough on a lightly floured surface to about a 1/4" thick. Using biscuit cutter, cut into 1 1/2-inch rounds and line fifty 1-inch tart rings. Trim any excess dough from edges and place tart shells on a baking sheet.
- ☐ Bake until light golden brown, approximately 9 minutes.
- ☐ Transfer baking sheet to wire rack and allow to cool completely.
- ☐ Remove tarts from molds and set aside.
- ☐ Place chocolate chips and butter in large mixing bowl. Set aside. Bring heavy cream and milk to a boil in a heavy saucepan.
- ☐ Pour over chocolate and let stand one minute.
- ☐ Whisk until smooth. Carefully pour warm ganache into prepared shells, filling to the brim.
- ☐ Transfer to refrigerator until set, about 30 minutes.
- ☐ For the Meringue: In the bowl of a stand mixer fitted with the whisk attachment, mix egg whites, one tablespoon sugar and vanilla bean seeds on low speed until frothy. Meanwhile, with mixer still running on low speed, place remaining sugar, corn syrup and water in a small saucepan and cook over medium heat until mixture registers 236 degrees on an instant read thermometer, swirling the mixture gently every minute or so, about 4 minutes. Increase mixer to medium high and slowly pour hot sugar mixture over egg whites. Continue to whip until thick, glossy, and cooled to room temperature, about 5 minutes.
- ☐ Transfer meringue to pastry bag fitted with small pastry tip. Pipe small dollop on top of each ganache-filled tartlet. Char meringue with kitchen torch to deep golden brown just before serving.

## Nutrition Facts



## Properties

Glycemic Index:3.69, Glycemic Load:2.31, Inflammation Score:-1, Nutrition Score:1.8591304450579%

## Nutrients (% of daily need)

Calories: 73.41kcal (3.67%), Fat: 3.64g (5.6%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 9.1g (3.31%), Sugar: 7.49g (8.33%), Cholesterol: 6.37mg (2.12%), Sodium: 45.19mg (1.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.41mg (1.14%), Protein: 0.96g (1.92%), Manganese: 0.23mg (11.37%), Selenium: 2.42µg (3.45%), Copper: 0.06mg (3.25%), Magnesium: 11.89mg (2.97%), Phosphorus: 26.89mg (2.69%),

Fiber: 0.61g (2.43%), Iron: 0.39mg (2.14%), Zinc: 0.26mg (1.76%), Vitamin B1: 0.03mg (1.71%), Vitamin A: 81.16IU (1.62%), Vitamin B2: 0.03mg (1.52%), Potassium: 47.28mg (1.35%), Vitamin B6: 0.02mg (1.07%), Calcium: 10.43mg (1.04%)