



WHATSheATE

Sticky toffee tarts

READY IN



105 min.

SERVINGS



6

CALORIES



1264 kcal

DESSERT

Ingredients

- ☐ 200 g butter chopped
- ☐ 225 g flour plain for dusting
- ☐ 100 g g muscovado sugar light
- ☐ 1 tsp vanilla extract
- ☐ 1 large egg yolk
- ☐ 200 g g muscovado sugar light
- ☐ 50 g butter
- ☐ 250 ml double cream
- ☐ 250 g dates roughly chopped

- ☐ 200 ml milk
- ☐ 50 g butter softened
- ☐ 100 g flour plain
- ☐ 1 tsp baking soda
- ☐ 50 g almond flour
- ☐ 2 large eggs
- ☐ 2 tbsp blackstrap molasses
- ☐ 6 servings whipped cream

Equipment

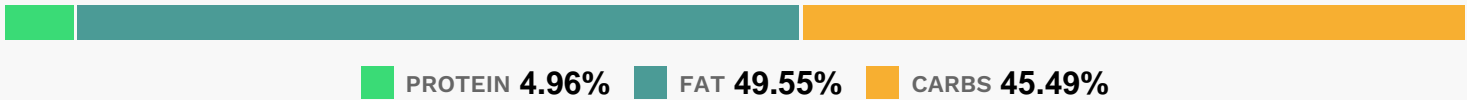
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ potato masher

Directions

- ☐ For the filling, put the chopped dates and milk in a pan. Bring to the boil, then set aside for 30 mins.
- ☐ To make the pastry, put the butter and flour in a food processor and whizz to fine crumbs. Pulse in the sugar.
- ☐ Mix the vanilla and egg yolk with 1 tbsp water, then dribble in while whizzing, to bring the pastry together. If it doesn't come together, whizz in a trickle more water.
- ☐ Roll out the pastry on a lightly floured surface to line 6 individual deep tart tins with an overhang. Prick the bottoms and chill for 20 mins.
- ☐ To make the sauce, melt all the ingredients together, then bubble for 2–5 mins until saucy. Cool.
- ☐ Heat oven to 200C/180C/fan

- ☐ Line each tart case with crumpled baking parchment, add some baking beans and blind-bake for 15 mins.
- ☐ Remove paper and beans, and bake for 5 mins more until biscuity. Trim the pastry edges.
- ☐ Spoon 1 tbsp of the sauce into each tart case. Mash the reserved date mixture with a potato masher, then tip into a bowl with the softened butter, vanilla, flour, bicarb, almonds, eggs, sugar and treacle.
- ☐ Whisk together with an electric whisk until just combined, then divide between tart cases.
- ☐ Reduce oven to 160C/140C fan/gas 3 and bake for 15 mins. Cool a little before turning out.
- ☐ Serve tarts warm topped with scoops of vanilla ice cream and drizzled with sticky toffee sauce.

Nutrition Facts



Properties

Glycemic Index:82.5, Glycemic Load:56.46, Inflammation Score:-9, Nutrition Score:21.346956450006%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 1264.31kcal (63.22%), Fat: 71.2g (109.54%), Saturated Fat: 41.64g (260.27%), Carbohydrates: 147.09g (49.03%), Net Carbohydrates: 140.95g (51.26%), Sugar: 97.4g (108.22%), Cholesterol: 280.63mg (93.54%), Sodium: 651.91mg (28.34%), Alcohol: 0.24g (100%), Alcohol %: 0.08% (100%), Protein: 16.05g (32.09%), Vitamin A: 2334.23IU (46.68%), Selenium: 31.7µg (45.29%), Vitamin B2: 0.69mg (40.51%), Vitamin B1: 0.52mg (34.57%), Folate: 125.99µg (31.5%), Manganese: 0.63mg (31.37%), Calcium: 276.54mg (27.65%), Phosphorus: 272.82mg (27.28%), Fiber: 6.14g (24.56%), Iron: 4.4mg (24.47%), Potassium: 756.98mg (21.63%), Vitamin B3: 4.02mg (20.1%), Magnesium: 69.99mg (17.5%), Vitamin B5: 1.62mg (16.16%), Vitamin E: 2.06mg (13.75%), Vitamin B12: 0.8µg (13.31%), Vitamin B6: 0.26mg (13.25%), Copper: 0.25mg (12.73%), Vitamin D: 1.67µg (11.11%), Zinc: 1.56mg (10.38%), Vitamin K: 6.5µg (6.19%)