



## Strawberry S'More Tart

READY IN



60 min.

SERVINGS



8

CALORIES



429 kcal

DESSERT

### Ingredients

- 1 cup graham cracker crumbs
- 0.3 cup sugar
- 0.3 cup butter melted
- 10 oz bittersweet chocolate chopped
- 0.7 cup whipping cream
- 1.5 cups strawberries thinly sliced
- 0.5 cup marshmallow creme
- 8 strawberries whole

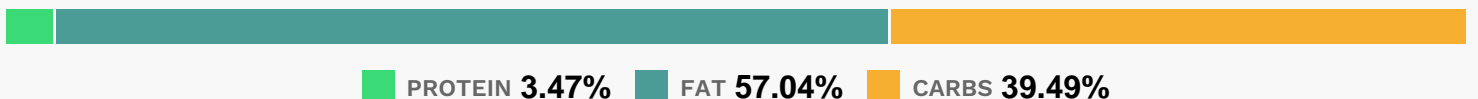
## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- microwave
- tart form
- pie form

## Directions

- Heat oven to 350°F. In small bowl, combine all crust ingredients; mix well. Press mixture in bottom and up sides of 9-inch tart pan with removable bottom or 9-inch pie pan. (If using tart pan, place on cookie sheet for easier handling.)
- Bake at 350°F. for 10 minutes. Cool.
- Meanwhile, in medium saucepan, heat whipping cream until bubbles form around edge of pan.
- Remove from heat; add chocolate and stir until melted. Cook over low heat until all of chocolate is melted, stirring constantly. Cool 5 minutes or until lukewarm.
- Place sliced strawberries in single layer in crust.
- Pour melted chocolate mixture over strawberries.
- Place marshmallow creme in microwave-safe bowl. Microwave on MEDIUM for 30 seconds or until softened. Stir just until smooth. Quickly drop marshmallow creme by spoonfuls over chocolate layer. With tip of knife, swirl marshmallow creme and chocolate to marble.
- Arrange 8 strawberries evenly around edge of tart. Refrigerate at least 30 minutes before serving to set chocolate.

## Nutrition Facts



## Properties

Glycemic Index:34.26, Glycemic Load:10.91, Inflammation Score:-6, Nutrition Score:9.4700001219045%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.69mg, Pelargonidin: 9.69mg, Pelargonidin: 9.69mg, Pelargonidin: 9.69mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 428.99kcal (21.45%), Fat: 27.68g (42.58%), Saturated Fat: 16.18g (101.15%), Carbohydrates: 43.11g (14.37%), Net Carbohydrates: 39.14g (14.23%), Sugar: 29.03g (32.26%), Cholesterol: 39.79mg (13.26%), Sodium: 124.16mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 30.48mg (10.16%), Protein: 3.79g (7.58%), Manganese: 0.62mg (31.03%), Vitamin C: 23.05mg (27.94%), Copper: 0.47mg (23.34%), Magnesium: 75.16mg (18.79%), Fiber: 3.97g (15.89%), Iron: 2.86mg (15.88%), Phosphorus: 135.91mg (13.59%), Vitamin A: 491.22IU (9.82%), Potassium: 299.85mg (8.57%), Zinc: 1.25mg (8.35%), Selenium: 3.84µg (5.48%), Vitamin B2: 0.09mg (5.41%), Calcium: 51.36mg (5.14%), Vitamin E: 0.67mg (4.46%), Vitamin K: 4.54µg (4.32%), Vitamin B3: 0.86mg (4.3%), Folate: 15.2µg (3.8%), Vitamin B1: 0.05mg (3.26%), Vitamin B6: 0.05mg (2.4%), Vitamin B5: 0.21mg (2.13%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.11µg (1.79%)