



Strawberry toffee tart

READY IN



45 min.

SERVINGS



6

CALORIES



443 kcal

Ingredients

- ☐ 175 g grands flaky refrigerator biscuits such as hobnobs
- ☐ 75 g butter melted
- ☐ 400 g strawberries
- ☐ 284 ml double cream
- ☐ 200 g greek yogurt
- ☐ 5 frangelico soft
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Equipment

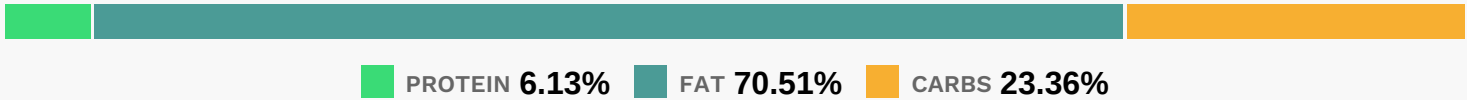
- ☐ bowl

- ☐ microwave
- ☐ rolling pin

Directions

- ☐ Line a 20cm flan tin with baking parchment.
- ☐ Put the biscuits in a strong food bag and bash with a rolling pin to finely crush them. Tip into a bowl and mix in the melted butter. Press over the base of the tin. Chill for about 30 mins until it feels firm. Slice or halve the strawberries, depending on their size.
- ☐ Remove the biscuit base from the flan tin and slide onto a flat serving plate. Put 2 tbsp of the cream in a small bowl with the toffees, then whip the rest until it just holds its shape in soft folds. Fold in the yogurt, then spoon over the biscuit base and cover with strawberries.
- ☐ Melt the toffees and cream together in the microwave on Medium for 30 secs–1 min, then stir until it forms a sauce.
- ☐ Drizzle over the tart filling.
- ☐ The tart can be chilled for a couple of hours at this stage. Dust with icing sugar before serving.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:13.19, Inflammation Score:-7, Nutrition Score:10.029565323954%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 16.57mg, Pelargonidin: 16.57mg, Pelargonidin: 16.57mg, Pelargonidin: 16.57mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin:

0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 443.1kcal (22.16%), Fat: 35.29g (54.3%), Saturated Fat: 19.79g (123.66%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 24.59g (8.94%), Sugar: 12.05g (13.39%), Cholesterol: 82.35mg (27.45%), Sodium: 208.86mg (9.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.81%), Vitamin C: 39.49mg (47.86%), Vitamin A: 1046.74IU (20.93%), Manganese: 0.39mg (19.28%), Vitamin B2: 0.29mg (17.28%), Phosphorus: 111.2mg (11.12%), Folate: 44.24µg (11.06%), Vitamin E: 1.64mg (10.91%), Selenium: 6.93µg (9.9%), Vitamin B1: 0.14mg (9.1%), Calcium: 85.88mg (8.59%), Fiber: 1.71g (6.85%), Iron: 1.22mg (6.76%), Vitamin K: 7.07µg (6.74%), Vitamin B3: 1.32mg (6.6%), Potassium: 222.9mg (6.37%), Vitamin B12: 0.33µg (5.51%), Vitamin D: 0.76µg (5.08%), Magnesium: 20mg (5%), Vitamin B6: 0.09mg (4.52%), Vitamin B5: 0.42mg (4.17%), Zinc: 0.54mg (3.59%), Copper: 0.07mg (3.46%)