



## Tiramisu Tart

READY IN



185 min.

SERVINGS



12

CALORIES



400 kcal

DESSERT

## Ingredients

- ☐ 4 oz baker's chocolate coarsely chopped
- ☐ 0.5 cup butter cold cut into 1/8-inch slices
- ☐ 8 oz cream cheese softened
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon espresso powder instant
- ☐ 0.3 cup powdered sugar

- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 cup whipping cream
- ☐ 1 cup whipping cream

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave
- ☐ measuring cup
- ☐ tart form

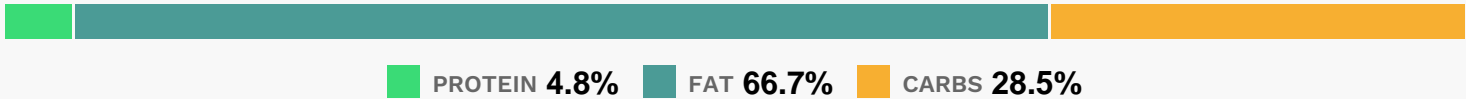
## Directions

- ☐ Heat oven to 350F. In food processor, place crust ingredients. Cover; process until soft dough forms.
- ☐ Spread dough evenly with fingers on bottom and up side of ungreased 9- or 10-inch tart pan.
- ☐ Bake 12 to 15 minutes or until edge begins brown. Cool 5 minutes.
- ☐ In small bowl, reserve 3 tablespoonfuls of the chopped chocolate. In 1-cup glass measuring cup, microwave remaining chocolate uncovered on High about 45 seconds; stir until chocolate is melted. Stir in oil.
- ☐ Spread mixture over baked crust.
- ☐ Place in freezer to cool chocolate.
- ☐ Meanwhile, in medium bowl, mix granulated sugar and 2 tablespoons flour; set aside. In 2-cup liquid measuring cup, beat 1 cup whipping cream, the coffee granules, egg and vanilla with

wire whisk until well blended. Beat cream mixture into sugar mixture until well blended.

- ☐ Pour over chocolate in pan.
- ☐ Bake 35 to 40 minutes or until edge is golden brown and center is set. Cool completely in pan on cooling rack, about 1 hour 30 minutes.
- ☐ In medium bowl, beat topping ingredients with electric mixer on medium speed about 2 minutes or until fluffy.
- ☐ Spread over top of cooled tart in pan.
- ☐ Sprinkle with reserved chopped chocolate.
- ☐ Remove side of pan before serving. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:20.59, Glycemic Load:12.54, Inflammation Score:-7, Nutrition Score:8.0039130183666%

## Flavonoids

Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg

## Nutrients (% of daily need)

Calories: 400.2kcal (20.01%), Fat: 31.04g (47.75%), Saturated Fat: 15.55g (97.16%), Carbohydrates: 29.84g (9.95%), Net Carbohydrates: 27.96g (10.17%), Sugar: 17.38g (19.31%), Cholesterol: 66.35mg (22.12%), Sodium: 164.68mg (7.16%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Caffeine: 20.64mg (6.88%), Protein: 5.03g (10.06%), Manganese: 0.48mg (24.24%), Vitamin A: 1049.27IU (20.99%), Copper: 0.33mg (16.67%), Iron: 2.33mg (12.93%), Selenium: 8.51µg (12.16%), Vitamin B2: 0.19mg (11.19%), Phosphorus: 98.58mg (9.86%), Magnesium: 39.36mg (9.84%), Zinc: 1.21mg (8.05%), Vitamin B1: 0.12mg (7.88%), Fiber: 1.88g (7.53%), Folate: 28.7µg (7.18%), Vitamin E: 0.87mg (5.83%), Calcium: 54.92mg (5.49%), Vitamin B3: 0.98mg (4.88%), Potassium: 168.47mg (4.81%), Vitamin D: 0.55µg (3.66%), Vitamin K: 3.7µg (3.52%), Vitamin B5: 0.32mg (3.15%), Vitamin B12: 0.13µg (2.19%), Vitamin B6: 0.04mg (1.8%)