



Turtle Tart

READY IN



195 min.

SERVINGS



16

CALORIES



515 kcal

DESSERT

Ingredients

- 17.5 oz basic cookie mix
- 0.5 cup butter softened
- 1 tablespoon water
- 1 eggs
- 1 cup pecans chopped
- 40 individually wrapped caramels
- 0.3 cup whipping cream
- 0.8 cup pecans chopped
- 11.5 oz milk chocolate chips (2 cups)

- 0.3 cup whipping cream
- 0.3 cup pecans chopped

Equipment

- bowl
- sauce pan
- oven
- microwave
- tart form

Directions

- Heat oven to 350°F. In large bowl, stir cookie mix, butter, water and egg until soft dough forms. Stir in 1 cup pecans. Press dough in bottom and up sides of ungreased 9-inch tart pan with removable bottom.
- Bake 19 to 21 minutes or until light golden brown. Cool 10 minutes. Using back of a spoon, gently press center of crust to flatten slightly.
- Meanwhile, in medium microwavable bowl, microwave caramels and 1/3 cup cream on High 2 to 4 minutes, stirring twice, until caramels are melted. Stir in 3/4 cup pecans.
- Spread over cooled crust. Refrigerate 15 minutes.
- In medium bowl, place chocolate chips. In 1-quart saucepan, heat 1/3 cup whipping cream over medium-low heat 3 to 5 minutes or until hot.
- Pour cream over chocolate chips in bowl; let stand 5 minutes. Stir until smooth.
- Pour over filling.
- Sprinkle with 1/4 cup pecans. Refrigerate 2 hours or until set. To serve, let stand at room temperature 10 minutes before cutting. Store covered in refrigerator.

Nutrition Facts



PROTEIN 3.21% **FAT 52.43%** **CARBS 44.36%**

Properties

Glycemic Index:5.94, Glycemic Load:12.57, Inflammation Score:-3, Nutrition Score:5.5639130395392%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 515.06kcal (25.75%), Fat: 30.58g (47.04%), Saturated Fat: 9.11g (56.97%), Carbohydrates: 58.2g (19.4%), Net Carbohydrates: 56.11g (20.4%), Sugar: 43.46g (48.29%), Cholesterol: 23.19mg (7.73%), Sodium: 167.33mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Manganese: 0.62mg (30.84%), Vitamin A: 432.5IU (8.65%), Copper: 0.17mg (8.56%), Vitamin B1: 0.13mg (8.54%), Fiber: 2.1g (8.38%), Phosphorus: 79.07mg (7.91%), Vitamin B2: 0.12mg (7.31%), Calcium: 68.83mg (6.88%), Potassium: 197.73mg (5.65%), Magnesium: 21.98mg (5.5%), Zinc: 0.79mg (5.24%), Vitamin E: 0.65mg (4.31%), Vitamin B5: 0.35mg (3.46%), Iron: 0.55mg (3.05%), Selenium: 2.11µg (3.01%), Vitamin B6: 0.05mg (2.57%), Vitamin B12: 0.12µg (2.04%), Vitamin B3: 0.33mg (1.63%), Folate: 5.76µg (1.44%), Vitamin D: 0.21µg (1.42%), Vitamin K: 1.25µg (1.19%)