



Turtle Tart

READY IN



195 min.

SERVINGS



16

CALORIES



498 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 40 individually wrapped caramels
- ☐ 1 pouch basic cookie mix (1 lb 1.5 oz)
- ☐ 1 eggs
- ☐ 11.5 oz milk chocolate chips (2 cups)
- ☐ 0.3 cup pecans chopped
- ☐ 0.8 cup pecans chopped
- ☐ 1 cup pecans chopped
- ☐ 1 tablespoon water

☐ 0.3 cup whipping cream

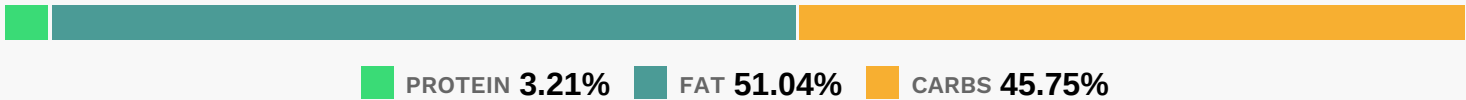
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave
- ☐ tart form

Directions

- ☐ Heat oven to 350F. 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.
- ☐ 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 another medium microwavable bowl, microwave chocolate chips and 1/3 cup cream on High 1 to 2 minutes, stirring every 30 seconds, until chocolate is 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



Properties

Glycemic Index:5.94, Glycemic Load:12.57, Inflammation Score:-3, Nutrition Score:5.3595651802809%

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: 498.17kcal (24.91%), Fat: 28.79g (44.29%), Saturated Fat: 7.97g (49.84%), Carbohydrates: 58.06g (19.35%), Net Carbohydrates: 55.96g (20.35%), Sugar: 43.31g (48.13%), Cholesterol: 17.58mg (5.86%), Sodium: 165.98mg (7.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.15%), Manganese: 0.62mg (30.83%), Copper: 0.17mg (8.53%), Vitamin B1: 0.13mg (8.48%), Fiber: 2.1g (8.38%), Phosphorus: 76.19mg (7.62%), Vitamin A: 359.61IU (7.19%), Vitamin B2: 0.11mg (6.76%), Calcium: 65.56mg (6.56%), Potassium: 193.01mg (5.51%), Magnesium: 21.64mg (5.41%), Zinc: 0.77mg (5.16%), Vitamin E: 0.6mg (4%), Vitamin B5: 0.33mg (3.33%), Iron: 0.54mg (3.02%), Selenium: 1.96µg (2.8%), Vitamin B6: 0.05mg (2.48%), Vitamin B12: 0.11µg (1.91%), Vitamin B3: 0.32mg (1.61%), Folate: 5.56µg (1.39%), Vitamin K: 1.09µg (1.04%)