



Upside-Down Fudge-Almond Tart

READY IN



45 min.

SERVINGS



10

CALORIES



292 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds toasted coarsely chopped
- ☐ 4 ounces bittersweet chocolate coarsely chopped
- ☐ 3 tablespoons dutch process cocoa sifted
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons golden cane syrup (such as Lyle's Golden Syrup)
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons sugar
- ☐ 6 tablespoons butter unsalted

☐ 0.8 teaspoon vanilla extract

Equipment

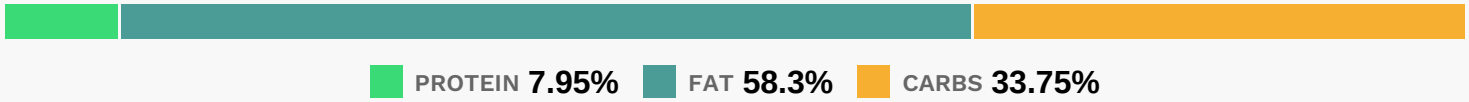
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ double boiler
- ☐ measuring cup
- ☐ tart form

Directions

- ☐ Preheat oven to 35
- ☐ Set oven rack to lowest third of oven.
- ☐ Coat a 9-inch round removable-bottom tart pan with cooking spray.
- ☐ Sprinkle almonds in pan.
- ☐ Combine chocolate and butter in the top of a double boiler. Cook over simmering water until chocolate melts, stirring occasionally.
- ☐ Remove from heat; set aside.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, Dutch process cocoa, and salt in a medium bowl, stirring with a whisk.
- ☐ Place eggs in a large bowl; beat with a mixer at medium speed 2 minutes or until thick and pale. Gradually add sugar, 1 tablespoon at a time, beating at medium speed 2 minutes or until sugar dissolves.
- ☐ Add golden cane syrup and vanilla; beat on low speed 1 minute or until blended.
- ☐ Add chocolate mixture; beat 1 minute or until blended.

- ☐
- Add flour mixture, and beat on low speed just until combined.
- ☐
- Pour batter over nuts into the prepared pan, spreading evenly.
- ☐
- Bake in lower third of oven at 350 for 20 minutes or until a wooden pick inserted into the center comes out with a few moist crumbs. Cool tart in pan 20 minutes on wire rack. Invert tart onto serving platter.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:10.8, Inflammation Score:-5, Nutrition Score:8.9634782075882%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 291.82kcal (14.59%), Fat: 19.53g (30.05%), Saturated Fat: 7.8g (48.75%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 22.02g (8.01%), Sugar: 15.58g (17.31%), Cholesterol: 55.94mg (18.65%), Sodium: 75.08mg (3.26%), Alcohol: 0.1g (100%), Alcohol %: 0.2% (100%), Caffeine: 13.2mg (4.4%), Protein: 6g (11.99%), Manganese: 0.58mg (29.07%), Vitamin E: 4.03mg (26.89%), Copper: 0.36mg (18.2%), Magnesium: 68.83mg (17.21%), Vitamin B2: 0.25mg (14.9%), Phosphorus: 137.86mg (13.79%), Fiber: 3.42g (13.67%), Iron: 1.93mg (10.7%), Selenium: 7.07µg (10.1%), Zinc: 1.03mg (6.87%), Potassium: 215.02mg (6.14%), Vitamin B1: 0.09mg (5.84%), Folate: 23.16µg (5.79%), Calcium: 56.11mg (5.61%), Vitamin A: 269.73IU (5.39%), Vitamin B3: 1.03mg (5.13%), Vitamin B5: 0.29mg (2.95%), Vitamin B6: 0.05mg (2.26%), Vitamin D: 0.33µg (2.17%), Vitamin B12: 0.12µg (2.06%), Vitamin K: 1.49µg (1.42%)