



## Venus' Chocolate Macadamia Nut Tart

READY IN



240 min.

SERVINGS



6

CALORIES



518 kcal

DESSERT

### Ingredients

- 1.1 cups cake flour
- 0.8 teaspoon rum / brandy / coffee liqueur
- 1 eggs beaten
- 0.5 cup heavy cream
- 1 cup macadamia nuts whole
- 3 ounces bittersweet chocolate chopped
- 2 tablespoons butter unsalted
- 7 tablespoons cocoa powder unsweetened
- 0.5 cup sugar white

## Equipment

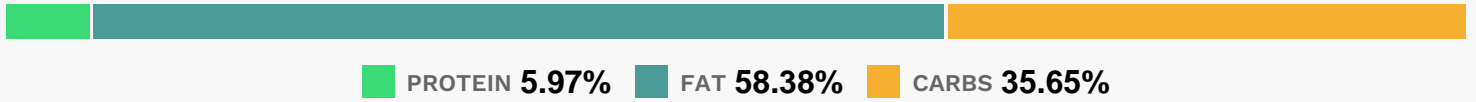
- bowl
- frying pan
- sauce pan
- oven
- mixing bowl
- wooden spoon
- spatula
- tart form

## Directions

- In a large mixing bowl, cream together 1/2 cup softened butter and 1/4 cup sugar until pale, about 3 minutes; beat in egg.
- In a separate bowl, mix flour and cocoa powder. Using a wooden spoon, stir the dry ingredients into the creamed mixture and gather the dough into a ball. Flatten the dough into a disk and wrap in waxed paper; refrigerate for at least 2 hours.
- Preheat oven to 325 degrees F (165 degrees C).
- On a lightly floured surface, roll out chilled dough into a 10 inch round and about 1/4 inch thickness.
- Transfer dough to an 8 inch tart pan, pressing dough evenly into pan; prick all over with a fork and freeze for 10 minutes.
- Bake tart shell in preheated oven for 12 minutes; transfer to a rack to cool.
- To make caramel: In a small saucepan over low heat, bring 1/2 cup heavy cream to a simmer. In a heavy medium saucepan over high heat, gradually add 1/2 cup sugar in small amounts, stirring constantly, until it melts and turns golden brown.
- Remove saucepan from heat and slowly stir in hot cream; stir in 2 tablespoons butter and allow mixture to cool.
- To make chocolate cream: In a medium bowl, combine semisweet chocolate and liqueur. In a small saucepan over high heat, bring remaining 1/2 cup heavy cream to a boil and pour it over chocolate; stir mixture with a wooden spoon until chocolate is melted and very smooth.

- Reserve 13 whole macadamia nuts and chop the rest.
- Pour cooled caramel into the cooled tart shell and spread evenly with a metal spatula; sprinkle chopped nuts over caramel.
- Pour chocolate cream on top and spread evenly.
- Arrange 10 whole nuts around the edge of the tart to mark 10 slices; place remaining 3 nuts in the center. Refrigerate the tart for 1 hour or until firm; serve.

## Nutrition Facts



### Properties

Glycemic Index:24.52, Glycemic Load:22.76, Inflammation Score:-6, Nutrition Score:13.121739303288%

### Flavonoids

Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg Epicatechin: 11.46mg, Epicatechin: 11.46mg, Epicatechin: 11.46mg, Epicatechin: 11.46mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

### Nutrients (% of daily need)

Calories: 518.03kcal (25.9%), Fat: 35.24g (54.21%), Saturated Fat: 13.53g (84.58%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 42.63g (15.5%), Sugar: 23.93g (26.59%), Cholesterol: 60.58mg (20.19%), Sodium: 20.73mg (0.9%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Caffeine: 25.61mg (8.54%), Protein: 8.1g (16.23%), Manganese: 1.52mg (76.15%), Copper: 0.62mg (30.94%), Fiber: 5.78g (23.1%), Magnesium: 91.31mg (22.83%), Selenium: 15.13µg (21.61%), Vitamin B1: 0.3mg (20.12%), Phosphorus: 171.54mg (17.15%), Iron: 2.9mg (16.11%), Zinc: 1.41mg (9.4%), Vitamin A: 455.33IU (9.11%), Potassium: 305.08mg (8.72%), Vitamin B2: 0.15mg (8.64%), Calcium: 57.24mg (5.72%), Vitamin B3: 1.05mg (5.26%), Vitamin B6: 0.1mg (5.07%), Vitamin B5: 0.5mg (4.97%), Vitamin E: 0.67mg (4.48%), Folate: 16.44µg (4.11%), Vitamin D: 0.53µg (3.56%), Vitamin B12: 0.13µg (2.17%), Vitamin K: 2.22µg (2.11%)