



Waialua Chocolate Tart with Sable Crust

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 16 servings poached berries fresh
- ☐ 10 tablespoon butter softened
- ☐ 16 ounces chocolate dark sweet divided chopped
- ☐ 2 tablespoons cocoa powder
- ☐ 1 large egg white
- ☐ 2 extra large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups heavy whipping cream divided

- ☐ 0.7 cup powdered sugar
- ☐ 1 cup sugar
- ☐ 16 servings hawaiian vanilla sauce

Equipment

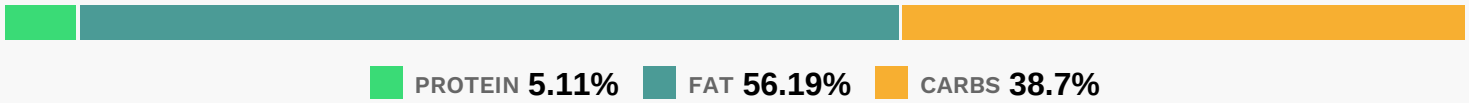
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ measuring cup
- ☐ tart form

Directions

- ☐ Combine butter, powdered sugar, and egg white in a medium bowl, stirring until well blended.
- ☐ Mix in flour and cocoa powder, stirring until a soft dough forms. Press dough into a 10-inch tart pan. Cover and chill 1 hour.
- ☐ Line crust with parchment paper, and fill with pie weights or dried beans.
- ☐ Bake at 375 for 35 minutes.
- ☐ Remove parchment and weights; let crust cool.
- ☐ Heat 1 1/4 cups cream in a heavy saucepan over medium heat until very hot.
- ☐ Remove from heat, and add 12 ounces chocolate, stirring until smooth. Stir in eggs and sugar, whisking until blended. Strain to remove lumps, if necessary.
- ☐ Fill crust with chocolate mixture.
- ☐ Bake at 300 for 1 hour 15 minutes. Cool completely.
- ☐ Combine remaining 1/4 cup cream and remaining 4 ounces chocolate in a glass measuring cup. Microwave on high at 30-second intervals, stirring occasionally, until mixture is smooth.
- ☐ Spread over top of cooled tart.

Let stand 30 minutes or until set. Slice and serve with Hawaiian Vanilla Sauce and fresh berries.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:19.64, Inflammation Score:-6, Nutrition Score:10.316956558953%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 448.48kcal (22.42%), Fat: 28.19g (43.37%), Saturated Fat: 16.87g (105.41%), Carbohydrates: 43.69g (14.56%), Net Carbohydrates: 39.92g (14.52%), Sugar: 25.13g (27.92%), Cholesterol: 70.92mg (23.64%), Sodium: 82.09mg (3.57%), Alcohol: 0.34g (100%), Alcohol %: 0.42% (100%), Caffeine: 24.12mg (8.04%), Protein: 5.76g (11.53%), Manganese: 0.69mg (34.48%), Copper: 0.56mg (27.85%), Iron: 4.35mg (24.14%), Magnesium: 74.17mg (18.54%), Selenium: 10.74µg (15.34%), Fiber: 3.77g (15.08%), Phosphorus: 138.16mg (13.82%), Vitamin A: 595.97IU (11.92%), Vitamin B2: 0.19mg (11.26%), Vitamin B1: 0.14mg (9.4%), Folate: 33.39µg (8.35%), Zinc: 1.25mg (8.31%), Potassium: 267.61mg (7.65%), Vitamin B3: 1.27mg (6.35%), Calcium: 45.09mg (4.51%), Vitamin E: 0.66mg (4.43%), Vitamin B5: 0.37mg (3.68%), Vitamin K: 3.64µg (3.47%), Vitamin D: 0.5µg (3.31%), Vitamin B12: 0.19µg (3.24%), Vitamin B6: 0.04mg (1.97%)