



Walnut-Caramel Tart

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



385 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.8 cup butter at room temperature
- ☐ 2 tablespoons plus light
- ☐ 1 large egg yolk
- ☐ 1.5 cups flour all-purpose
- ☐ 1.8 cups granulated sugar
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon vanilla

- ☐ 2.8 cups walnut halves
- ☐ 0.5 cup whipping cream

Equipment

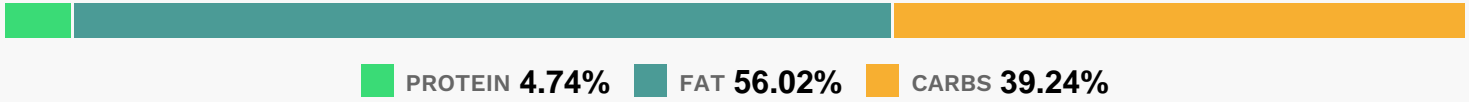
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ tart form

Directions

- ☐ Preheat oven to 35
- ☐ In a bowl, with a mixer on medium speed, beat 1/2 cup butter and the brown sugar until smooth. Beat in egg yolk and vanilla.
- ☐ Add flour and 1/4 teaspoon salt and beat until mixture forms a ball.
- ☐ Press dough over bottom and up sides to rim of a 9-inch fluted tart pan with removable rim. Freeze until firm, 15 minutes.
- ☐ Meanwhile, spread walnuts in a large baking pan.
- ☐ Bake until lightly golden under skins, about 8 minutes (leave oven on). When walnuts are cool enough to handle, chop 2 cups; reserve remainder.
- ☐ Bake tart shell until golden, 16 to 18 minutes.
- ☐ Transfer to a wire rack.
- ☐ Meanwhile, in a 3- to 4-quart pan over medium heat, combine granulated sugar, corn syrup, and 1/4 cup water. Stir until sugar is dissolved, then increase heat to high and boil, swirling mixture occasionally, until mixture is a deep golden brown, 10 to 15 minutes.
- ☐ Remove from heat and stir in crme frache, remaining 1/4 cup butter, and remaining 1/2 teaspoon salt (mixture will foam). Stir until smooth.
- ☐ Spread chopped walnuts in tart shell, then pour in hot caramel; spread level.

- ☐ Garnish edge of tart with reserved walnut halves.
- ☐ Let tart cool until caramel is firm enough to slice, at least 4 hours, or chill up to 2 days (bring to room temperature before serving).
- ☐ Cut into thin wedges.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:22.43, Inflammation Score:-4, Nutrition Score:7.1530435240787%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg

Nutrients (% of daily need)

Calories: 384.6kcal (19.23%), Fat: 24.9g (38.3%), Saturated Fat: 8.53g (53.33%), Carbohydrates: 39.24g (13.08%), Net Carbohydrates: 37.58g (13.66%), Sugar: 28.08g (31.2%), Cholesterol: 42.76mg (14.25%), Sodium: 183.48mg (7.98%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 4.74g (9.48%), Manganese: 0.77mg (38.54%), Copper: 0.34mg (17.08%), Vitamin B1: 0.17mg (11.07%), Folate: 43.35µg (10.84%), Phosphorus: 93.39mg (9.34%), Magnesium: 35.49mg (8.87%), Selenium: 6.07µg (8.68%), Vitamin A: 394.58IU (7.89%), Vitamin B2: 0.12mg (6.8%), Iron: 1.2mg (6.69%), Fiber: 1.66g (6.65%), Vitamin B6: 0.12mg (6.06%), Zinc: 0.77mg (5.14%), Vitamin B3: 0.93mg (4.65%), Calcium: 33.81mg (3.38%), Potassium: 117.24mg (3.35%), Vitamin E: 0.49mg (3.27%), Vitamin B5: 0.23mg (2.33%), Vitamin K: 1.57µg (1.49%), Vitamin D: 0.18µg (1.18%)