



White Chocolate Hazelnut Tartlets

READY IN



144 min.

SERVINGS



12

CALORIES



390 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup nutella (recommended: Nutella)
- 3 ounce bar bittersweet chocolate grated for garnish
- 12 servings ice for garnish
- 0.5 cup hazelnuts husked toasted finely chopped
- 1.5 cups heavy whipping cream
- 8 sheets phyllo pastry frozen thawed (17 by 13-inch)
- 0.5 cup butter unsalted melted
- 6 ounces chocolate white chopped

Equipment

- bowl
- sauce pan
- oven
- wire rack
- hand mixer
- muffin tray

Directions

- Preheat the oven to 375 degrees F.
- Lay 1 phyllo sheet on a work surface.
- Brush the phyllo with melted butter. Top with another phyllo sheet. Repeat with more butter and 2 more phyllo sheets.
- Cut the stacked phyllo sheets into 6 (5-inch) squares. Line each muffin cup with 1 stacked phyllo square, allowing the edges to ruffle and extend above the cup rims. Repeat with the remaining 4 phyllo sheets and melted butter.
- Bake until the phyllo cups are golden brown, about 9 minutes.
- Transfer the muffin pan to a cooling rack and cool completely.
- Meanwhile, stir the white chocolate and 1/4 cup cream in a heavy small saucepan over low heat until the chocolate is melted and smooth.
- Pour into a large bowl and cool to barely lukewarm. Stir in the hazelnuts. Using an electric mixer, beat the remaining 1 1/4 cups cream in another large bowl to medium-firm peaks. Fold the cream into the white chocolate mixture in 2 batches. Cover and refrigerate until cold, about 1 hour.
- Spoon 2 teaspoons of the chocolate hazelnut spread into each phyllo cup, if using. Spoon the white chocolate mousse into the cooled phyllo cups, mounding slightly. Arrange the mousse-filled phyllo cups on plates.
- Sprinkle the bittersweet chocolate over the mousse, or garnish with edible flowers, and serve.
- Do-Ahead Tip: The unfilled phyllo cups can be made 2 days ahead. Store them in an airtight container at room temperature. The white chocolate mousse can be made up to 8 hours

ahead. Keep it refrigerated. The filled phyllo cups can be assembled up to 1 hour ahead. Cover and refrigerate them.

Nutrition Facts

PROTEIN 4.23% FAT 71.16% CARBS 24.61%

Properties

Glycemic Index:12.69, Glycemic Load:9.39, Inflammation Score:-5, Nutrition Score:7.1573912890061%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 389.52kcal (19.48%), Fat: 31.33g (48.21%), Saturated Fat: 18.2g (113.73%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 22.73g (8.27%), Sugar: 15.45g (17.17%), Cholesterol: 57.35mg (19.12%), Sodium: 86.33mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.53mg (2.18%), Protein: 4.19g (8.38%), Manganese: 0.52mg (25.95%), Vitamin A: 702.14IU (14.04%), Vitamin E: 1.74mg (11.61%), Copper: 0.23mg (11.49%), Phosphorus: 96.89mg (9.69%), Vitamin B2: 0.16mg (9.58%), Vitamin B1: 0.12mg (8.27%), Iron: 1.44mg (7.98%), Selenium: 5.52µg (7.89%), Magnesium: 30.74mg (7.68%), Calcium: 68.74mg (6.87%), Fiber: 1.66g (6.63%), Potassium: 181.8mg (5.19%), Folate: 20.73µg (5.18%), Vitamin K: 4.56µg (4.34%), Zinc: 0.62mg (4.16%), Vitamin B3: 0.83mg (4.14%), Vitamin D: 0.62µg (4.12%), Vitamin B5: 0.3mg (3%), Vitamin B6: 0.06mg (2.91%), Vitamin B12: 0.17µg (2.88%), Vitamin C: 0.84mg (1.02%)