



White Chocolate-Hazelnut Tarts

READY IN



23 min.

SERVINGS



4

CALORIES



692 kcal

Ingredients

- ☐ 0.3 cup chocolate-hazelnut spread (such as Nutella)
- ☐ 1.5 cups milk fat-free
- ☐ 0.3 cup hazelnuts toasted chopped
- ☐ 1 ounce chocolate pudding mix white sugar-free instant
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)

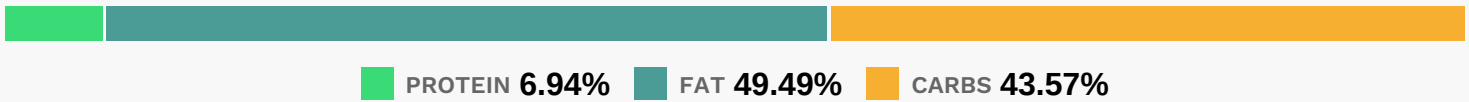
Equipment

- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ Preheat oven to 45
- ☐ Roll pie dough into a 14-inch circle.
- ☐ Cut 4 (5-inch) circles from dough; press each circle into a 4-inch tart pan with removable bottom. Pierce bottom and sides of dough; bake at 450 for 12 minutes or until golden.
- ☐ While crusts bake, combine pudding mix and milk, stirring with a whisk for 2 minutes.
- ☐ Spread 1 tablespoon hazelnut spread over bottom of each warm crust. Spoon pudding mixture evenly over hazelnut spread in each crust. Chill in refrigerator 30 minutes or until ready to serve.
- ☐ Sprinkle tarts evenly with hazelnuts and chocolate shavings, if desired.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:4.71, Inflammation Score:-5, Nutrition Score:15.19652166833%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 692.03kcal (34.6%), Fat: 38.05g (58.54%), Saturated Fat: 14.44g (90.23%), Carbohydrates: 75.36g (25.12%), Net Carbohydrates: 70.71g (25.71%), Sugar: 19.9g (22.11%), Cholesterol: 2.76mg (0.92%), Sodium: 581.45mg (25.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12g (24%), Manganese: 1.12mg (56.23%), Vitamin B1: 0.41mg (27.25%), Phosphorus: 230.2mg (23.02%), Iron: 4.03mg (22.38%), Folate: 87.57µg (21.89%), Vitamin B2: 0.35mg (20.31%), Fiber: 4.65g (18.61%), Calcium: 171.12mg (17.11%), Vitamin E: 2.55mg (16.99%), Copper: 0.32mg (16.18%), Vitamin B3: 3.21mg (16.05%), Magnesium: 54.39mg (13.6%), Selenium: 8.93µg (12.76%), Potassium: 400.59mg (11.45%), Vitamin B12: 0.58µg (9.73%), Vitamin B5: 0.9mg (8.96%), Vitamin K: 9.29µg (8.85%), Zinc: 1.32mg (8.79%), Vitamin B6: 0.16mg (8.24%), Vitamin D: 1.01µg (6.74%), Vitamin A: 190.55IU (3.81%)