



White Chocolate Tartlets with Strawberries and Bananas

READY IN



45 min.

SERVINGS



6

CALORIES



716 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups flour
- ☐ 2 medium banana peeled thinly sliced
- ☐ 2 tablespoons orange liqueur
- ☐ 0.5 cup hazelnuts husked toasted
- ☐ 2 tablespoons water ()
- ☐ 0.3 cup orange juice
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces bittersweet chocolate unsweetened finely chopped (not)

- ☐ 1 pint strawberries
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch pieces (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup whipping cream chilled
- ☐ 6 ounces chocolate white finely chopped (such as Lindt or Baker's)

Equipment

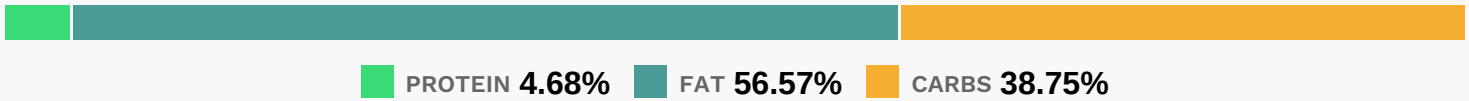
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ double boiler
- ☐ aluminum foil

Directions

- ☐ Blend first 4 ingredients in processor until nuts are finely ground.
- ☐ Add butter; cut in using on/off turns until mixture resembles coarse meal.
- ☐ Add 2 tablespoons ice water and vanilla; process until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball. Divide into 6 equal pieces. Flatten each into disk. Wrap each in plastic; chill 2 hours. (Can be made 2 days ahead. Keep chilled.
- ☐ Let dough soften slightly before continuing.)
- ☐ Preheat oven to 375°F. Press 1 dough disk evenly onto bottom and up sides of 4 1/2-inch-diameter tartlet pan with removable bottom. Pierce crust all over with fork. Repeat with remaining 5 dough disks. Freeze crusts until firm, about 20 minutes.
- ☐ Bake crusts until golden and baked through, about 25 minutes.
- ☐ Remove from oven. Immediately sprinkle bittersweet chocolate over bottom of hot crusts, dividing equally.

- ☐ Let stand until chocolate melts, about 5 minutes. Using back of spoon, spread chocolate over bottom of crusts. Chill until chocolate sets, about 10 minutes.
- ☐ Stir white chocolate in top of double boiler set over barely simmering water until just melted and smooth.
- ☐ Remove top of double boiler from over water. Cool white chocolate to room temperature. Beat cream and liqueur in medium bowl until soft peaks form. Fold cream mixture into melted white chocolate in 3 additions. Divide filling among tartlet crusts; smooth tops. Chill until filling is set, about 4 hours. (Can be made 1 day ahead. Cover loosely with foil; keep chilled.)
- ☐ Gently toss banana slices and orange juice in bowl.
- ☐ Transfer banana slices to paper towels; pat dry. Alternate banana slices and strawberry slices in circle atop tartlets, overlapping. (Can be prepared 2 hours ahead. Chill.)

Nutrition Facts



Properties

Glycemic Index:62.81, Glycemic Load:38.7, Inflammation Score:-8, Nutrition Score:19.037825999053%

Flavonoids

Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 4.97mg, Catechin: 4.97mg, Catechin: 4.97mg, Catechin: 4.97mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 716.19kcal (35.81%), Fat: 45.57g (70.1%), Saturated Fat: 24.69g (154.32%), Carbohydrates: 70.23g (23.41%), Net Carbohydrates: 65.12g (23.68%), Sugar: 41.11g (45.68%), Cholesterol: 80.81mg (26.94%), Sodium: 136.07mg

(5.92%), Alcohol: 1.53g (100%), Alcohol %: 0.72% (100%), Caffeine: 9.43mg (3.14%), Protein: 8.47g (16.95%), Vitamin C: 55.91mg (67.77%), Manganese: 1.34mg (66.93%), Folate: 92.59µg (23.15%), Vitamin B1: 0.34mg (22.48%), Copper: 0.43mg (21.39%), Fiber: 5.11g (20.43%), Vitamin B2: 0.34mg (19.93%), Vitamin A: 980.59IU (19.61%), Vitamin E: 2.83mg (18.86%), Selenium: 13µg (18.58%), Phosphorus: 183.06mg (18.31%), Magnesium: 66.82mg (16.7%), Iron: 2.83mg (15.73%), Potassium: 548.14mg (15.66%), Vitamin B6: 0.28mg (14.18%), Vitamin B3: 2.65mg (13.26%), Calcium: 117.89mg (11.79%), Vitamin K: 8.98µg (8.55%), Zinc: 1.15mg (7.7%), Vitamin B5: 0.75mg (7.53%), Vitamin D: 0.76µg (5.07%), Vitamin B12: 0.26µg (4.26%)