FRENCH · DESSERT

Dark Chocolate Ganache Tart with Almond Crust

85 min · plus cooling Makes 12 × 1 slice (1/12 tart) 377 kcal a portion

Video 8:18 · lowcarbrecipeideas

Vegetarian Gluten-free ingredients

99% dark chocolate, cream and an almond-flour crust sweetened with erythritol: about 5 g net carbs and under 2 g sugar a slice, plus nearly 6 g fibre.

Diet notes: Keto (4.7 g net carbs a serve).

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Ingredients

12 · MAKES 12 × 1 SLICE (1/12 TART)

- [ ] 2 cups **almond flour**, for the crust
- [ ] 1 tsp **salt**, for the crust
- [ ] 1/3 cup **cold unsalted butter**, cubed, for the crust
- [ ] 1 large **egg**, for the crust
- [ ] a little **butter**, for greasing the pan
- [ ] 8 oz **unsweetened 99% dark chocolate** (Lindt), chopped
- [ ] 3½ oz **powdered erythritol**
- [ ] 1 tsp **salt**, for the ganache (optional)
- [ ] 1 cup **whipping or heavy cream**
- [ ] 1 tbsp (½ oz) **unsalted butter**, softened
- [ ] 1 large **egg**, for the ganache
- [ ] 1/4 cup **almond milk** (or pea milk)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F. Mix the almond flour and salt, then rub and flatten the cold butter cubes into it with your fingers until crumbly. Add the egg and bring it together into a dough. 0:38
2. Press the dough evenly into a greased 9 inch loose-bottomed tart pan and freeze for 15 minutes. 2:13
3. Prick the base, line with baking paper and baking weights and bake 15 minutes; remove the paper and weights and bake another 15 minutes. Turn the oven down to 300°F. 2:43
4. Put the chopped chocolate, powdered erythritol and salt (if using) in a bowl. Bring the cream to the boil, pour it over, leave 1 minute, then stir until smooth. 3:25
5. Whisk in the softened butter, then the egg, then the almond milk until silky. 4:44
6. Pour into the crust and bake at 300°F for about 20 minutes, until set. Cool completely before removing from the pan; chill for a firmer texture. 5:54

> **Tip** Decorate with a few raspberries or strawberries, a dusting of powdered sweetener or flaky salt, or serve with crème fraîche (all optional). Keeps a week in the fridge or months in the freezer.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (1/12 tart), gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
377 kcal	**8.5** g	**10** g	**5.7** g	**35** g	**410** mg
1,580 kJ	17% of a day	4.7 g net · 1.7 g sugars	20% of a day	16 g saturated	18% of a day
		4% of a day		44% of a day	

Energy from net carbs 5% · protein 9% · fat 86% — fits keto: 4.7 g net carbs, 86% of the energy from fat

High in (20%+ of a day) Vitamin E 39% · Magnesium 28% · Zinc 24% · Iron 23%

Source of (10–19%) Vitamin A 17% · Selenium 10%

Recipe and video: lowcarbrecipeideas (@lowcarbrecipeideas) on YouTube — youtube.com/watch?v=BnoDTTGfI28, published 19 April 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dark-chocolate-ganache-tart-almond-crust