

Mont Blanc Tart

Yield: 8 min
Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-mount-blanc-recipe>

Ingredients:

- 4 large egg whites
- 2 pinches salt
- 2 3/8 cups icing sugar
- 2 7/16 cups chestnuts Peeled
- 7/8 cup rice milk
- 1 teaspoon cocoa
- 2 teaspoons vanilla extract
- 1 5/8 cups white flour
- 1 teaspoon baking powder
- 1 teaspoon lemon zest
- 2 tablespoons maple syrup
- 3 tablespoons rapeseed oil
- 4 tablespoons cold water
- 1 7/16 cups double cream

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 70 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 12 grams
8. Sodium: 200 milligrams
9. Sugar: 39 grams

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