



Almond-Cherry Chocolate Bark



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



286 kcal

Ingredients

- ☐ 0.8 cup almonds whole
- ☐ 24 servings almonds toasted
- ☐ 0.3 cup cherries dried
- ☐ 12 ounces chocolate dark (60 percent to 70 percent cocoa)
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

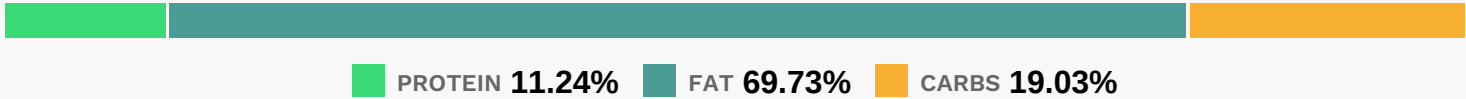
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan

- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 350°F. On a baking sheet lined with parchment paper,toast 3/4 cup whole skin-on almonds until fragrant and light gold,8 to 10 minutes.
- ☐ Let cool completely; transfer to a bowl. Fill a mediumsaucepan with 1 inch water; bring to a simmer over medium-low heat.Set a large heatproof bowl atop saucepan, making sure water doesn'ttouch bottom of bowl.
- ☐ Place 10 ounces dark chocolate (60 percent to70 percent cocoa) in bowl; cook, stirring, until smooth.
- ☐ Remove bowlfrom saucepan; add another 2 ounces dark chocolate and stir untilsmooth. Stir in 1/2 teaspoon pure vanilla extract, toasted almonds and1/3 cup dried tart cherries, coarsely chopped.
- ☐ Pour onto bakingsheet; spread into an even layer about 1/4 inch thick. Refrigerate untilfirm, 1 hour. Break into 24 pieces.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:1.51, Inflammation Score:-5, Nutrition Score:13.753912914706%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 285.79kcal (14.29%), Fat: 23.25g (35.76%), Saturated Fat: 4.78g (29.89%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 8.37g (3.05%), Sugar: 5.16g (5.73%), Cholesterol: 0.43mg (0.14%), Sodium: 3.19mg (0.14%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Caffeine: 11.34mg (3.78%), Protein: 8.43g (16.86%), Vitamin E: 8.91mg (59.39%), Manganese: 1.07mg (53.26%), Magnesium: 125.6mg (31.4%), Copper: 0.61mg (30.33%), Vitamin B2: 0.4mg (23.81%), Fiber: 5.89g (23.58%), Phosphorus: 209.86mg (20.99%), Iron: 2.97mg (16.51%), Calcium: 103.33mg (10.33%), Zinc: 1.55mg (10.31%), Potassium: 358.38mg (10.24%), Vitamin B3: 1.4mg (7%), Vitamin B1: 0.08mg (5.07%), Folate: 15.24µg (3.81%), Selenium: 2.38µg (3.4%), Vitamin B6: 0.05mg (2.68%), Vitamin B5: 0.22mg (2.25%), Vitamin K: 1.08µg (1.02%)