



## BAKER'S Chocolate Holiday Bark

 Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



155 kcal

DESSERT

### Ingredients

- 1 cup planters almonds toasted
- 4 oz baker's chocolate white (6 oz.)
- 0.5 cup apricots dried chopped
- 0.5 cup cranberries dried
- 8 oz baker's semi-sweet chocolate

### Equipment

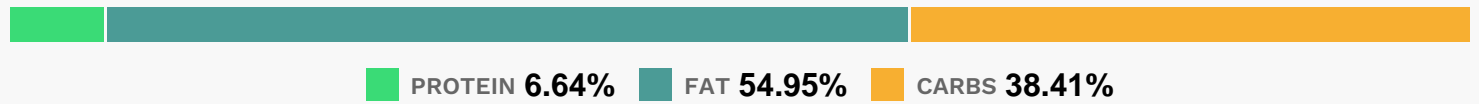
- bowl
- baking sheet

- knife
- microwave

## Directions

- Microwave chocolates in separate medium microwaveable bowls as directed on packages. Stir half each of the nuts, cranberries and apricots into chocolate in each bowl.
- Drop spoonfuls of chocolate mixtures alternately onto waxed paper-covered baking sheet; swirl gently with knife.
- Refrigerate 1 hour or until firm. Break into pieces.

## Nutrition Facts



## Properties

Glycemic Index:5.67, Glycemic Load:3.01, Inflammation Score:-3, Nutrition Score:4.7356521441885%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 154.78kcal (7.74%), Fat: 9.78g (15.05%), Saturated Fat: 3.87g (24.21%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 13.18g (4.79%), Sugar: 11.75g (13.06%), Cholesterol: 1.87mg (0.62%), Sodium: 6.78mg (0.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 2.66g (5.32%), Manganese: 0.33mg (16.49%), Vitamin E: 2.16mg (14.37%), Copper: 0.23mg (11.58%), Magnesium: 41.1mg (10.28%), Fiber: 2.21g (8.84%), Phosphorus: 76.4mg (7.64%), Vitamin B2: 0.11mg (6.25%), Iron: 1.09mg (6.08%), Potassium: 172.11mg (4.92%), Calcium: 39.61mg (3.96%), Zinc: 0.58mg (3.87%), Vitamin A: 124.57IU (2.49%), Vitamin B3: 0.5mg (2.48%), Selenium: 1.59µg (2.27%), Vitamin K: 1.66µg (1.58%), Vitamin B1: 0.02mg (1.52%), Vitamin B5: 0.13mg (1.25%), Vitamin B6: 0.02mg (1.13%)