



BAKER'S ONE BOWL Cranberry Bark

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



122 kcal

DESSERT

Ingredients

- 12 oz baker's chocolate white melted
- 1 cup cranberries dried
- 0.3 cup planters pecans toasted chopped

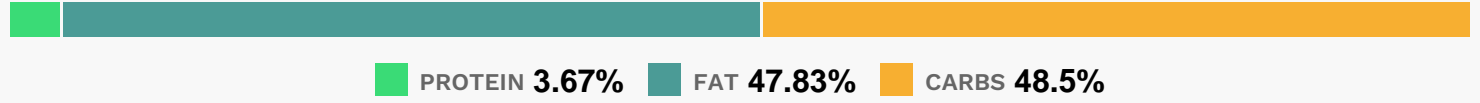
Equipment

- baking sheet

Directions

- Stir cranberries and nuts into chocolate; spread onto waxed paper-covered baking sheet.
- Refrigerate 1 hour or until firm. Break into pieces.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:7.03, Inflammation Score:-1, Nutrition Score:1.5273912915069%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 121.75kcal (6.09%), Fat: 6.71g (10.33%), Saturated Fat: 3.41g (21.29%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 14.8g (5.38%), Sugar: 14.5g (16.11%), Cholesterol: 3.57mg (1.19%), Sodium: 15.61mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Manganese: 0.09mg (4.58%), Calcium: 35.55mg (3.55%), Phosphorus: 34.99mg (3.5%), Vitamin B2: 0.05mg (3.05%), Vitamin E: 0.31mg (2.09%), Fiber: 0.51g (2.05%), Vitamin K: 2.07µg (1.97%), Copper: 0.03mg (1.69%), Potassium: 58.38mg (1.67%), Vitamin B12: 0.1µg (1.59%), Vitamin B1: 0.02mg (1.49%), Zinc: 0.21mg (1.38%), Vitamin B5: 0.13mg (1.31%), Selenium: 0.86µg (1.24%), Magnesium: 4.28mg (1.07%)