



BAKER'S ONE BOWL Cranberry Bark

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



203 kcal

DESSERT

Ingredients

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

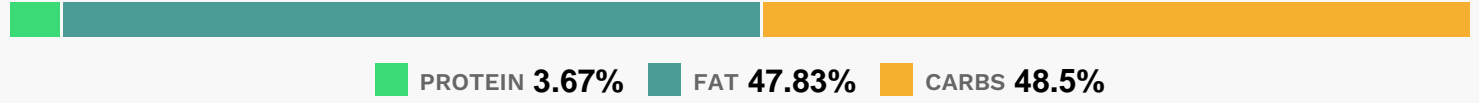
Equipment

- 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:6.67, Glycemic Load:11.72, Inflammation Score:-1, Nutrition Score:2.5452173818713%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 202.92kcal (10.15%), Fat: 11.19g (17.22%), Saturated Fat: 5.68g (35.49%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 24.67g (8.97%), Sugar: 24.17g (26.85%), Cholesterol: 5.95mg (1.98%), Sodium: 26.02mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Manganese: 0.15mg (7.64%), Calcium: 59.25mg (5.92%), Phosphorus: 58.32mg (5.83%), Vitamin B2: 0.09mg (5.08%), Vitamin E: 0.52mg (3.49%), Fiber: 0.86g (3.42%), Vitamin K: 3.44µg (3.28%), Copper: 0.06mg (2.82%), Potassium: 97.3mg (2.78%), Vitamin B12: 0.16µg (2.65%), Vitamin B1: 0.04mg (2.49%), Zinc: 0.34mg (2.3%), Vitamin B5: 0.22mg (2.18%), Selenium: 1.44µg (2.06%), Magnesium: 7.13mg (1.78%), Vitamin B3: 0.3mg (1.49%), Vitamin B6: 0.03mg (1.27%)