



BAKER'S ONE BOWL Rocky Road Chocolate Bark

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



122 kcal

Ingredients

- 0.3 cup coarsely broken graham crackers
- 0.3 cup marshmallows jet-puffed miniature
- 0.3 cup planters roasted peanuts dry chopped
- 12 oz baker's semi-sweet chocolate

Equipment

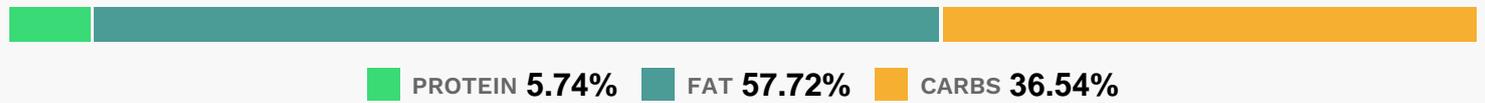
- bowl
- baking sheet
- baking paper

microwave

Directions

- Microwave chocolate in medium microwaveable bowl on HIGH 2 min. or until chocolate is almost melted, stirring after 1 min. Stir until chocolate is completely melted.
- Add remaining ingredients; mix well.
- Spread onto parchment paper-covered baking sheet or tray.
- Refrigerate 1 hour or until firm. Break into 10 pieces. Store in tightly covered container at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:1.22, Inflammation Score:-2, Nutrition Score:3.2091304238724%

Nutrients (% of daily need)

Calories: 122.17kcal (6.11%), Fat: 7.91g (12.17%), Saturated Fat: 3.96g (24.78%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 9.65g (3.51%), Sugar: 7.19g (7.99%), Cholesterol: 1.02mg (0.34%), Sodium: 22.5mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.63mg (4.88%), Protein: 1.77g (3.54%), Manganese: 0.28mg (13.88%), Copper: 0.22mg (11.21%), Magnesium: 35.29mg (8.82%), Iron: 1.18mg (6.55%), Fiber: 1.62g (6.49%), Phosphorus: 56.4mg (5.64%), Zinc: 0.55mg (3.66%), Potassium: 114.99mg (3.29%), Vitamin B3: 0.56mg (2.8%), Selenium: 1.68µg (2.39%), Vitamin E: 0.22mg (1.49%), Calcium: 13.21mg (1.32%), Vitamin K: 1.22µg (1.17%)