



## Cherry Chocolate Bark



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



18

CALORIES



109 kcal

DESSERT

### Ingredients

- ☐ 12 cherry-flavored candy canes crushed
- ☐ 12 ounce semi chocolate chips

### Equipment

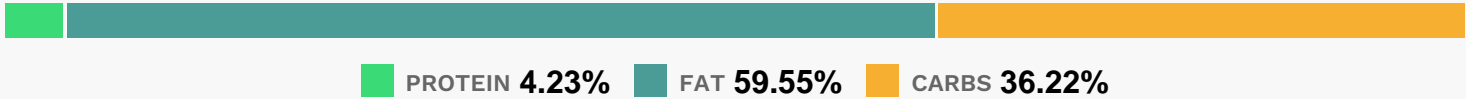
- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags

- ☐ microwave
- ☐ spatula

## Directions

- ☐ Line a 9x13 inch baking pan with aluminum foil.
- ☐ Melt the chocolate chips in a microwave-safe glass or ceramic bowl in 30-second intervals, stirring after each melting, until smooth, 1 to 3 minutes (depending on your microwave). Do not overheat or chocolate will scorch. Using a spatula, quickly spread the melted chocolate evenly in the prepared pan until the bottom of the pan is covered.
- ☐ Sprinkle the crushed candy evenly over the chocolate, and pat lightly with a clean spatula to help the candy settle into the chocolate.
- ☐ Melt the red confectioner's coating, if using, in a microwave-safe glass or ceramic bowl in 30-second intervals, stirring after each melting, until smooth, 1 to 3 minutes (depending on your microwave). Spoon the melted coating into a resealable plastic bag; snip off a very small corner of the bag, and use to drizzle coating over the bark.
- ☐ Place the pan in the refrigerator or freezer until hardened, about 30 minutes.
- ☐ Remove from pan; peel off foil. Break into small pieces to serve.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.8473912956922%

## Nutrients (% of daily need)

Calories: 109.43kcal (5.47%), Fat: 7.24g (11.14%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 8.4g (3.05%), Sugar: 6.94g (7.71%), Cholesterol: 1.13mg (0.38%), Sodium: 1.89mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.25mg (5.42%), Protein: 1.16g (2.31%), Manganese: 0.25mg (12.52%), Copper: 0.24mg (11.79%), Magnesium: 33.26mg (8.32%), Iron: 1.19mg (6.64%), Fiber: 1.51g (6.05%), Phosphorus: 49.14mg (4.91%), Zinc: 0.5mg (3.34%), Potassium: 107.16mg (3.06%), Selenium: 1.59µg (2.27%), Vitamin K: 1.36µg (1.3%), Calcium: 11.72mg (1.17%)