



Chocolate Almond Bark

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

Ingredients

- 0.5 cup almonds raw chopped
- 1 pinch ground pepper
- 8 ounces chocolate bar (I used Ghirardelli's Candy Making & Dipping Bar, Double Chocolate Flavor and really liked the results)
- 0.5 teaspoon sea salt
- 0.5 teaspoon worcestershire sauce

Equipment

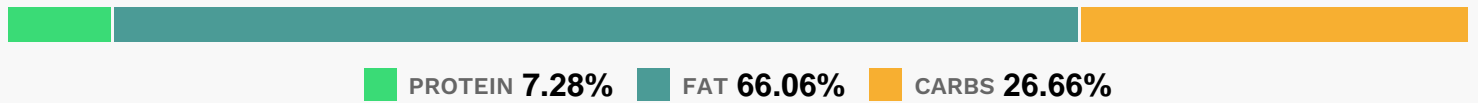
- bowl
- baking sheet

- oven
- double boiler
- baking pan
- microwave

Directions

- Heat oven to 160 degrees. In a medium bowl, mix cup chopped almonds with the Worcestershire sauce, cayenne and sea salt.
- Place on baking sheet and roast for 20 minutes.
- Let the almonds cool. Melt the chocolate using a double boiler or in the microwave (be sure to use low heat) and mix the almonds into the chocolate.
- Spread into wax-paper lined 8 x 8 inch baking pan.
- Sprinkle a pinch more of the sea salt on the top and let cool. Break into bite-size pieces.

Nutrition Facts



Properties

Glycemic Index: 8.13, Glycemic Load: 2.36, Inflammation Score: -4, Nutrition Score: 8.705652173913%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 100%, Saltiness: 17.35%, Sourness: 14.86%, Bitterness: 17.01%, Savoriness: 0.6%, Fattiness: 59.69%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 221.61kcal (11.08%), Fat: 16.55g (25.46%), Saturated Fat: 7.28g (45.52%), Carbohydrates: 15.02g (5.01%),
Net Carbohydrates: 10.81g (3.93%), Sugar: 7.23g (8.03%), Cholesterol: 0.85mg (0.28%), Sodium: 155.98mg (6.78%),
Caffeine: 22.68mg (7.56%), Protein: 4.1g (8.21%), Manganese: 0.76mg (37.85%), Copper: 0.59mg (29.68%),
Magnesium: 88.84mg (22.21%), Iron: 3.73mg (20.71%), Fiber: 4.21g (16.84%), Vitamin E: 2.46mg (16.4%), Phosphorus:
130.57mg (13.06%), Zinc: 1.22mg (8.12%), Potassium: 271.49mg (7.76%), Vitamin B2: 0.12mg (7.33%), Calcium:
45.25mg (4.52%), Selenium: 2.3µg (3.28%), Vitamin B3: 0.63mg (3.13%), Vitamin K: 2.08µg (1.98%), Vitamin B1:
0.03mg (1.88%), Vitamin B5: 0.16mg (1.6%), Vitamin B12: 0.08µg (1.32%), Vitamin B6: 0.02mg (1.17%)