



Chocolate-Almond Bark with Sea Salt



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



888 kcal

DESSERT

Ingredients

- ☐ 1.5 cups almonds in oil (not)
- ☐ 5 servings sea salt (for sprinkling)
- ☐ 1 pound chocolate dark finely chopped (62%–70% cacao)
- ☐ 0.5 cup sugar
- ☐ 1 tablespoons butter unsalted

Equipment

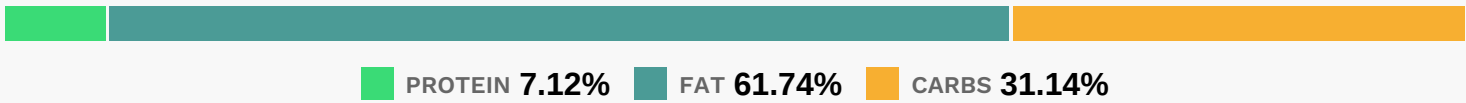
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Line a baking sheet with a silicone baking mat or foil.
- ☐ Combine sugar with 2 tablespoons water in a small saucepan. Stir over medium-low heat until sugar dissolves. Bring to a boil and cook, occasionally swirling pan and brushing down sides with a wet pastry brush, until caramel is dark amber, about 5 minutes.
- ☐ Remove from heat. Immediately add butter; whisk until melted.
- ☐ Add almonds; stir until well coated.
- ☐ Transfer to baking sheet, spreading out to separate nuts.
- ☐ Let cool. Break up any large clumps of nuts. Set aside 1/4 of nuts.
- ☐ Stir chocolate in a medium bowl set over a saucepan of simmering water until melted.
- ☐ Remove from heat, add nuts from baking sheet, and stir quickly to combine.
- ☐ Spread chocolate-nut mixture on same baking sheet, keeping nuts in a single layer. Top with the reserved nuts; sprinkle with salt. Chill until chocolate is set, about 3 hours.
- ☐ Break bark into pieces and store between layers of parchment or waxed paper. DO AHEAD: Can be made 1 week ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index: 20.62, Glycemic Load: 21.66, Inflammation Score: -8, Nutrition Score: 30.646956331056%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg

Isorhamnetin: 1.13mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 887.96kcal (44.4%), Fat: 62.42g (96.02%), Saturated Fat: 25.28g (158.03%), Carbohydrates: 70.83g (23.61%), Net Carbohydrates: 55.58g (20.21%), Sugar: 43.59g (48.43%), Cholesterol: 8.74mg (2.91%), Sodium: 212.87mg (9.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 72.57mg (24.19%), Protein: 16.19g (32.37%), Manganese: 2.75mg (137.44%), Copper: 2.05mg (102.3%), Magnesium: 322.73mg (80.68%), Vitamin E: 11.58mg (77.22%), Iron: 12.4mg (68.88%), Fiber: 15.25g (61%), Phosphorus: 486.43mg (48.64%), Vitamin B2: 0.56mg (33.21%), Zinc: 4.35mg (28.98%), Potassium: 964.21mg (27.55%), Calcium: 182.62mg (18.26%), Vitamin B3: 2.51mg (12.55%), Selenium: 8.08µg (11.54%), Vitamin B1: 0.12mg (7.93%), Vitamin K: 6.82µg (6.49%), Vitamin B5: 0.58mg (5.83%), Folate: 18.96µg (4.74%), Vitamin B6: 0.09mg (4.67%), Vitamin B12: 0.26µg (4.31%), Vitamin A: 105.78IU (2.12%)