



Chocolate Anise Bark

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

Ingredients

- 1 teaspoon aniseed
- 6 oz bittersweet chocolate unsweetened finely chopped (not)
- 0.3 cup cherries dried
- 0.3 cup apricot dried coarsely chopped
- 0.3 cup roasted cashews salted coarsely chopped

Equipment

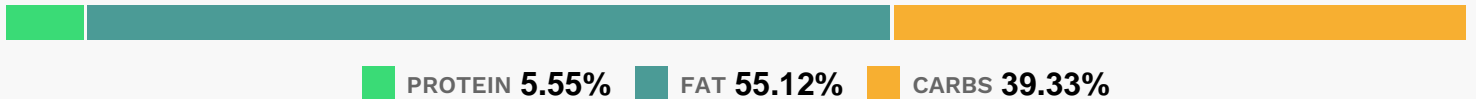
- bowl
- baking sheet
- sauce pan

- double boiler
- aluminum foil
- spatula

Directions

- Line a small baking sheet with foil and chill.
- Finely grind anise in an electric coffee/spice grinder.
- Stir together cherries, apricots, and cashews.
- Melt chocolate in a double boiler or a small metal bowl set over a small saucepan of barely simmering water, stirring occasionally, until smooth.
- Stir in anise and half of fruit and spoon onto center of baking sheet.
- Spread with a rubber spatula into a roughly 10- by 5-inch rectangle and sprinkle with remaining fruit mixture, pressing lightly to help adhere.
- Chill until firm, about 30 minutes, then break into pieces.
- Bark keeps, covered and chilled, 1 week.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:7.0630435088406%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 231.19kcal (11.56%), Fat: 14.49g (22.3%), Saturated Fat: 6.95g (43.43%), Carbohydrates: 23.26g (7.75%), Net Carbohydrates: 20.03g (7.28%), Sugar: 15.63g (17.36%), Cholesterol: 1.7mg (0.57%), Sodium: 52.32mg (2.27%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 3.29g (6.57%), Copper: 0.56mg (27.76%), Manganese: 0.47mg (23.43%), Magnesium: 73.41mg (18.35%), Iron: 2.59mg (14.4%), Fiber: 3.23g (12.93%), Phosphorus: 119.21mg (11.92%), Potassium: 309.35mg (8.84%), Zinc: 1.23mg (8.19%), Vitamin A: 280.41IU (5.61%), Selenium: 3.45µg (4.92%), Vitamin K: 5.07µg (4.83%), Vitamin E: 0.56mg (3.7%), Calcium: 28.12mg (2.81%), Vitamin B3: 0.55mg (2.77%), Vitamin B5: 0.23mg (2.33%), Vitamin B6: 0.05mg (2.27%), Vitamin B2: 0.04mg (2.23%), Vitamin B1: 0.03mg (1.91%), Folate: 6.31µg (1.58%)