



## Chocolate Hazelnut Bark

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



157 kcal

### Ingredients

- 6 ounces bittersweet chocolate chopped
- 2 tablespoons crystallized ginger finely chopped
- 0.3 cup cherries dried coarsely chopped
- 4 ounces hazelnuts

### Equipment

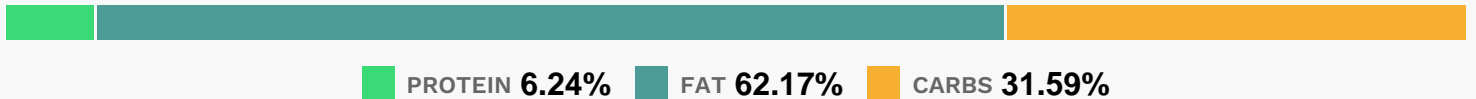
- bowl
- frying pan
- baking sheet
- oven

- aluminum foil
- microwave
- measuring cup

## Directions

- Preheat oven to 35
- Place hazelnuts on a baking sheet.
- Bake at 350 for 20 minutes, stirring once halfway through cooking. Turn nuts out onto a towel.
- Roll up towel; rub off skins. Coarsely chop nuts.
- Combine nuts, cherries, and ginger in a medium bowl.
- Place chocolate in a microwave-safe measuring cup. Microwave at HIGH 1 minute or until chocolate melts, stirring every 15 seconds.
- Add to nut mixture, stirring just until combined.
- Spread mixture evenly on a jelly-roll pan lined with foil; freeze 1 hour. Break into pieces; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:1.25, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:5.7134782516438%

## Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

## Nutrients (% of daily need)

Calories: 157.48kcal (7.87%), Fat: 11.18g (17.19%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 10.41g (3.79%), Sugar: 8.62g (9.58%), Cholesterol: 0.85mg (0.28%), Sodium: 2.21mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 2.52g (5.05%), Manganese: 0.77mg (38.57%), Copper: 0.34mg (16.97%), Magnesium: 40.35mg (10.09%), Vitamin E: 1.5mg (10.01%), Fiber: 2.37g (9.47%), Iron:

1.39mg (7.75%), Phosphorus: 64.26mg (6.43%), Vitamin B1: 0.07mg (4.35%), Potassium: 144.63mg (4.13%), Zinc: 0.61mg (4.05%), Vitamin B6: 0.06mg (2.9%), Folate: 10.68µg (2.67%), Vitamin A: 128.51IU (2.57%), Calcium: 22.59mg (2.26%), Vitamin K: 2.36µg (2.25%), Selenium: 1.42µg (2.02%), Vitamin B3: 0.29mg (1.44%), Vitamin B5: 0.13mg (1.29%), Vitamin B2: 0.02mg (1.04%)