



## Chocolate-Peanut Butter Swirled Bark

 **Gluten Free**

READY IN



**80 min.**

SERVINGS



**20**

CALORIES



**140 kcal**

DESSERT

### Ingredients

- 4 oz baker's chocolate white melted (6 oz.)
- 0.3 cup creamy peanut butter
- 0.3 cup cranberries dried
- 0.3 cup pistachios coarsely chopped
- 8 oz baker's semi-sweet chocolate melted

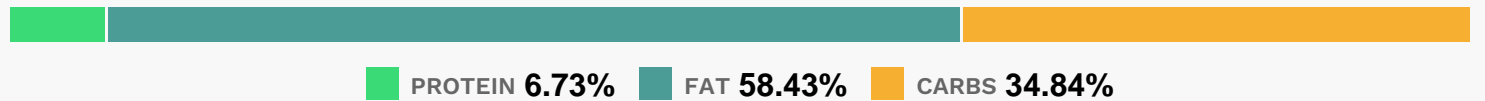
### Equipment

- baking sheet
- knife

## Directions

- Mix white chocolate and peanut butter until blended.
- Drop spoonfuls of white chocolate mixture and semi-sweet chocolate alternately onto waxed paper-covered baking sheet; swirl gently with knife.
- Sprinkle with cranberries and nuts.
- Refrigerate 1 hour or until firm. Break into pieces to serve.

## Nutrition Facts



## Properties

Glycemic Index:5.1, Glycemic Load:2.51, Inflammation Score:-1, Nutrition Score:3.4004347842673%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 139.63kcal (6.98%), Fat: 9.31g (14.33%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 11.05g (4.02%), Sugar: 9.58g (10.65%), Cholesterol: 1.87mg (0.62%), Sodium: 24.81mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 2.41g (4.83%), Manganese: 0.24mg (12.18%), Copper: 0.19mg (9.55%), Magnesium: 30.47mg (7.62%), Phosphorus: 64.25mg (6.42%), Fiber: 1.44g (5.77%), Iron: 0.89mg (4.96%), Vitamin E: 0.6mg (4.02%), Vitamin B3: 0.75mg (3.73%), Potassium: 126.77mg (3.62%), Zinc: 0.5mg (3.33%), Vitamin B6: 0.06mg (3.09%), Calcium: 22.76mg (2.28%), Selenium: 1.54µg (2.2%), Vitamin B1: 0.03mg (2.08%), Vitamin B2: 0.03mg (1.98%), Vitamin K: 1.5µg (1.43%), Folate: 5.14µg (1.29%), Vitamin B5: 0.13mg (1.29%)