



Chocolate-Peppermint Bark



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



486 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds finely chopped
- ☐ 6 oz sqs. baking chocolate white chopped
- ☐ 0.3 cup peppermint candies crushed
- ☐ 0.5 teaspoon peppermint extract
- ☐ 3 servings food coloring red
- ☐ 1 oz sqs. semi-sweet baking chocolate chopped

Equipment

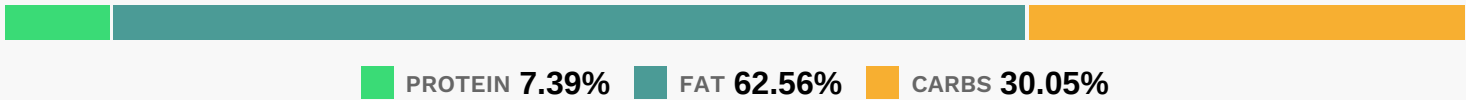
- ☐ bowl

- ☐ frying pan
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Line an 8"x8" baking pan with aluminum foil.
- ☐ Spread almonds in pan; set aside.
- ☐ Place semi-sweet chocolate in a microwave-safe bowl. Microwave on high one minute; stir until smooth. Microwave 10 to 15 more seconds, if necessary.
- ☐ Pour semisweet chocolate over almonds. Allow to harden.
- ☐ Repeat microwave melting instructions for white chocolate.
- ☐ Stir peppermint extract into white chocolate.
- ☐ Pour half of white chocolate mixture into another bowl and tint pink using red food coloring. Slowly pour white and pink chocolate over semi-sweet chocolate; gently swirl with a knife.
- ☐ Sprinkle top with crushed candies. Chill until firm, about one hour.
- ☐ Use foil to lift candy from pan; break into pieces. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:12.62, Inflammation Score:-8, Nutrition Score:23.277826107391%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 36.63mg, Catechin: 36.63mg, Catechin: 36.63mg, Catechin: 36.63mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 80.49mg, Epicatechin: 80.49mg, Epicatechin: 80.49mg, Epicatechin: 80.49mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 486.19kcal (24.31%), Fat: 39.23g (60.35%), Saturated Fat: 20.88g (130.48%), Carbohydrates: 42.4g (14.13%), Net Carbohydrates: 30.74g (11.18%), Sugar: 17.35g (19.28%), Cholesterol: 0.57mg (0.19%), Sodium: 14.73mg (0.64%), Alcohol: 0.23g (100%), Alcohol %: 0.29% (100%), Caffeine: 53.49mg (17.83%), Protein: 10.42g (20.84%), Manganese: 2.76mg (138.08%), Copper: 2.07mg (103.71%), Iron: 10.91mg (60.59%), Magnesium: 234.29mg (58.57%), Fiber: 11.66g (46.63%), Zinc: 6.08mg (40.55%), Phosphorus: 308.72mg (30.87%), Vitamin E: 3.33mg (22.22%), Potassium: 612.52mg (17.5%), Vitamin B2: 0.2mg (11.64%), Calcium: 95.25mg (9.53%), Selenium: 5.88µg (8.39%), Vitamin B1: 0.11mg (7.39%), Vitamin B3: 1.28mg (6.41%), Vitamin K: 6.18µg (5.89%), Folate: 21.12µg (5.28%), Vitamin B5: 0.18mg (1.8%), Vitamin B6: 0.04mg (1.75%)