



Chocolate-Popcorn Bark

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds coarsely chopped
- ☐ 0.1 teaspoon baking soda
- ☐ 1 pound bittersweet chocolate coarsely chopped
- ☐ 1 teaspoon sea salt
- ☐ 2 tablespoons plus light
- ☐ 0.5 cup brown sugar light packed
- ☐ 6 cups popped popcorn plain
- ☐ 1 pinch salt

- ☐ 4 tablespoons butter unsalted
- ☐ 0.3 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F.
- ☐ Spread almonds on an ungreased, rimmed baking sheet; bake until golden and fragrant, 5 to 7 minutes, stirring twice.
- ☐ Transfer to a bowl to cool. Reduce oven temperature to 250F; wipe off baking sheet.
- ☐ Spread popcorn and almonds in a single layer on baking sheet. In a pan over medium heat, combine brown sugar, butter, corn syrup and salt. Bring to a boil; let boil 5 minutes.
- ☐ Remove from heat and stir in baking soda and vanilla.
- ☐ Pour brown sugar mixture over popcorn mixture and stir to coat.
- ☐ Bake for 1 hour, stirring every 15 minutes.
- ☐ Let cool, then crush slightly.
- ☐ Line a rimmed baking sheet with foil.
- ☐ Place chocolate in a heatproof bowl set over a pan of simmering water. (Do not let water boil or let bottom of bowl touch water.) When chocolate is melted, pour it onto baking sheet; spread evenly. Top with popcorn mixture, pressing gently to adhere.
- ☐ Sprinkle with sea salt, if desired. Refrigerate until set, about 3 hours. Break bark into pieces and store in an airtight container between sheets of waxed paper.

Nutrition Facts



 **PROTEIN 4.83%**  **FAT 53.79%**  **CARBS 41.38%**

Properties

Glycemic Index:6.36, Glycemic Load:2.32, Inflammation Score:-4, Nutrition Score:6.8860869900004%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 282.84kcal (14.14%), Fat: 17.2g (26.46%), Saturated Fat: 8.79g (54.91%), Carbohydrates: 29.77g (9.92%), Net Carbohydrates: 26.11g (9.5%), Sugar: 20.72g (23.03%), Cholesterol: 9.84mg (3.28%), Sodium: 174.45mg (7.58%), Alcohol: 0.02g (100%), Alcohol %: 0.05% (100%), Caffeine: 26.01mg (8.67%), Protein: 3.47g (6.94%), Manganese: 0.56mg (28.2%), Copper: 0.44mg (22.11%), Magnesium: 73.2mg (18.3%), Fiber: 3.65g (14.61%), Iron: 2.28mg (12.68%), Phosphorus: 118.5mg (11.85%), Vitamin E: 1.5mg (9.99%), Zinc: 1.1mg (7.36%), Potassium: 231.68mg (6.62%), Vitamin B2: 0.07mg (4.36%), Selenium: 2.88µg (4.12%), Calcium: 39.35mg (3.93%), Vitamin B3: 0.54mg (2.69%), Vitamin K: 2.49µg (2.37%), Vitamin A: 117.09IU (2.34%), Vitamin B1: 0.03mg (1.73%), Vitamin B5: 0.15mg (1.49%), Vitamin B6: 0.03mg (1.34%), Vitamin B12: 0.06µg (1.01%)