



# Coconut, Macadamia Nut, and Dark Chocolate Bark

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



268 kcal

DESSERT

## Ingredients

- 0.5 teaspoon canola oil
- 1 cup cacao bittersweet chocolate morsels 60%
- 0.3 cup roasted macadamia nuts unsalted dry chopped
- 6 servings sea salt
- 0.3 cup coconut or sweetened toasted
- 3 tablespoons chocolate morsels white

## Equipment

- bowl
- baking sheet
- wax paper
- microwave
- offset spatula

## Directions

- Microwave 1 cup 60% cacao bittersweet chocolate morsels in a microwave-safe bowl at HIGH 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- Spread melted chocolate into an 8 1/2- x 7-inch rectangle (about 1/4-inch thick) on a wax paper-lined baking sheet, using an offset spatula.
- Sprinkle chocolate with 1/4 cup toasted sweetened coconut; 1/4 cup chopped unsalted, dry roasted macadamia nuts; and a pinch of sea salt. Microwave 3 Tbsp. white chocolate morsels and 1/2 tsp. canola oil in a microwave-safe bowl at HIGH 1 minute or until melted and smooth, stirring at 15-second intervals.
- Drizzle over chocolate bark. Chill bark 30 minutes or until firm. Break into pieces.

## Nutrition Facts



**PROTEIN 4.07%** **FAT 63.16%** **CARBS 32.77%**

## Properties

Glycemic Index:13.33, Glycemic Load:3.13, Inflammation Score:-2, Nutrition Score:6.3643478582735%

## Nutrients (% of daily need)

Calories: 268.48kcal (13.42%), Fat: 19.14g (29.44%), Saturated Fat: 9.51g (59.46%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 19.16g (6.97%), Sugar: 16.69g (18.55%), Cholesterol: 3.33mg (1.11%), Sodium: 213.83mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 25.08mg (8.36%), Protein: 2.78g (5.56%), Manganese: 0.65mg (32.61%), Copper: 0.42mg (21.07%), Magnesium: 61.3mg (15.33%), Fiber: 3.18g (12.72%), Iron: 2.12mg (11.79%), Phosphorus: 103.07mg (10.31%), Potassium: 220.2mg (6.29%), Zinc: 0.93mg (6.18%), Vitamin B1: 0.08mg (5.42%), Selenium: 3.56µg (5.08%), Calcium: 38.26mg (3.83%), Vitamin K: 3.02µg (2.88%), Vitamin B2: 0.05mg (2.65%), Vitamin B3: 0.46mg (2.32%), Vitamin E: 0.33mg (2.22%), Vitamin B5: 0.18mg (1.8%), Vitamin B12: 0.09µg (1.57%), Vitamin B6: 0.03mg (1.53%)