



Cranberry Macadamia Nut Bark

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



872 kcal

Ingredients

- 1 pound confectioners' coating white
- 0.5 cup cranberries dried
- 3.5 ounce macadamia nuts

Equipment

- bowl
- baking sheet
- aluminum foil
- microwave

Directions

- Line one 10x15 inch cookie sheet with aluminum foil.
- Place white confectioners' coating (almond bark) in a microwave safe bowl, and microwave on medium heat until melted. Stir in cranberries and nuts.
- Spread mixture out on foil, cool, and break into 1 1/ 2 inch pieces. Store in air tight container.

Nutrition Facts

PROTEIN 0.93% **FAT 53.87%** **CARBS 45.2%**

Properties

Glycemic Index:2.5, Glycemic Load:0.13, Inflammation Score:1, Nutrition Score:6.0452174557292%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 872.28kcal (43.61%), Fat: 51.36g (79.01%), Saturated Fat: 35.4g (221.27%), Carbohydrates: 96.97g (32.32%), Net Carbohydrates: 94.04g (34.2%), Sugar: 93.13g (103.48%), Cholesterol: 0mg (0%), Sodium: 34.88mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Manganese: 1.06mg (53.24%), Vitamin B1: 0.3mg (19.89%), Fiber: 2.94g (11.75%), Copper: 0.2mg (9.85%), Magnesium: 32.85mg (8.21%), Iron: 0.97mg (5.41%), Phosphorus: 47.85mg (4.78%), Vitamin B6: 0.07mg (3.7%), Vitamin B3: 0.7mg (3.48%), Vitamin E: 0.45mg (3.01%), Potassium: 98.71mg (2.82%), Vitamin B2: 0.04mg (2.61%), Zinc: 0.34mg (2.25%), Calcium: 22.45mg (2.24%), Vitamin B5: 0.22mg (2.21%), Selenium: 0.98µg (1.41%), Vitamin K: 1.15µg (1.1%)