



Cranberry Nut Bark

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



785 kcal

Ingredients

- 1 pound candy coating disks white coarsely chopped
- 1 cup cranberries dried
- 1 cup macadamia nuts toasted coarsely chopped

Equipment

- bowl
- baking sheet
- microwave

Directions

- In a large microwave-safe bowl, melt candy coating at 70% power for 1 minute; stir. Microwave at 30-second intervals, stirring until smooth. Stir in cranberries and nuts.
- Spread onto waxed paper-lined baking sheet. Refrigerate for 20 minutes. Break into small pieces; store in airtight containers.

Nutrition Facts

PROTEIN 1.11% **FAT 53.55%** **CARBS 45.34%**

Properties

Glycemic Index:2, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:6.793478232363%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 785.09kcal (39.25%), Fat: 46.49g (71.52%), Saturated Fat: 29.17g (182.32%), Carbohydrates: 88.58g (29.53%), Net Carbohydrates: 84.99g (30.9%), Sugar: 83.63g (92.92%), Cholesterol: 0mg (0%), Sodium: 28.86mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Manganese: 1.17mg (58.57%), Vitamin B1: 0.32mg (21.56%), Fiber: 3.59g (14.36%), Copper: 0.22mg (10.89%), Magnesium: 35.81mg (8.95%), Iron: 1.08mg (6.02%), Phosphorus: 52.32mg (5.23%), Vitamin E: 0.65mg (4.36%), Vitamin B6: 0.08mg (4.15%), Vitamin B3: 0.8mg (3.98%), Potassium: 110.5mg (3.16%), Vitamin B2: 0.05mg (2.95%), Vitamin B5: 0.26mg (2.56%), Calcium: 24.96mg (2.5%), Zinc: 0.37mg (2.48%), Vitamin K: 1.84µg (1.75%), Selenium: 1.11µg (1.59%)