



Cranberry-Pistachio Bark

 Gluten Free

READY IN



45 min.

SERVINGS



11

CALORIES



784 kcal

DESSERT

Ingredients

- ☐ 11 servings butter
- ☐ 3 cups cranberries dried
- ☐ 1 tablespoon shortening
- ☐ 3 cups pistachios raw unsalted shelled
- ☐ 2 pounds chocolate white

Equipment

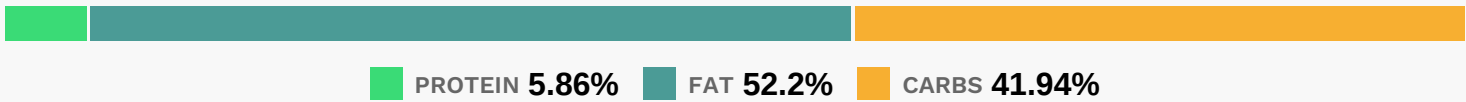
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ spatula

Directions

- ☐ Line a 12- by 15-inch baking sheet with cooking parchment; butter parchment. Chop 2 pounds white chocolate and place with 1 tablespoon solid vegetable shortening in a heatproof bowl that will nest in a 3- to 4-quart pan.
- ☐ Heat 1 inch of water in the pan just until steaming.
- ☐ Remove from heat and place bowl over water (bowl shouldn't touch water). Stir occasionally just until mixture is melted and smooth.
- ☐ Remove bowl from over pan.
- ☐ Stir in 2 cups each shelled unsalted raw pistachios and dried cranberries. Using a flexible spatula, scrape mixture onto buttered parchment and spread 3/8 to 1/2 inch thick (mixture should almost cover sheet).
- ☐ Sprinkle with 1 more cup each pistachios and dried cranberries; gently press into white chocolate.
- ☐ Let stand at cool room temperature (see notes) until completely firm, 4 to 6 hours, or overnight. Break or cut bark into pieces. Store airtight in a cool place up to 1 month.

Nutrition Facts



Properties

Glycemic Index:10.91, Glycemic Load:34.06, Inflammation Score:-3, Nutrition Score:13.312173895214%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 784.36kcal (39.22%), Fat: 47.42g (72.95%), Saturated Fat: 20.78g (129.88%), Carbohydrates: 85.69g (28.56%), Net Carbohydrates: 80.32g (29.21%), Sugar: 75.26g (83.62%), Cholesterol: 28.07mg (9.36%), Sodium: 110.09mg (4.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.97%), Phosphorus: 306.32mg (30.63%), Manganese: 0.51mg (25.56%), Copper: 0.5mg (25.15%), Vitamin B6: 0.43mg (21.73%), Fiber: 5.37g (21.49%), Calcium: 204.2mg (20.42%), Vitamin B1: 0.29mg (19.33%), Vitamin B2: 0.32mg (18.94%), Potassium: 592.08mg (16.92%), Vitamin E: 2.4mg (16.01%), Vitamin K: 15.41µg (14.68%), Magnesium: 47.88mg (11.97%), Selenium: 7.31µg (10.45%), Zinc: 1.43mg (9.55%), Iron: 1.68mg (9.34%), Vitamin B12: 0.47µg (7.84%), Vitamin B5: 0.76mg (7.59%), Vitamin B3: 1.26mg (6.29%), Folate: 23.03µg (5.76%), Vitamin A: 236.57IU (4.73%), Vitamin C: 1.48mg (1.8%)