



Dark Chocolate Bark with Pretzels and Dried Cranberries

 Dairy Free

READY IN



8 min.

SERVINGS



5

CALORIES



333 kcal

Ingredients

- ☐ 8 ounces bittersweet chocolate coarsely chopped
- ☐ 0.5 cup cranberries dried
- ☐ 1 cup pretzel twists mini

Equipment

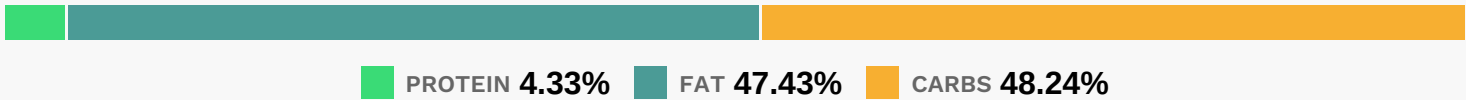
- ☐ bowl
- ☐ sauce pan
- ☐ baking pan
- ☐ aluminum foil

☐ spatula

Directions

- ☐ Line bottom and sides of an 8-inch square baking pan with aluminum foil.
- ☐ Fill a saucepan with about 1 inch of water and bring to a simmer.
- ☐ Place chocolate in a heatproof bowl and set bowl over saucepan. (Do not allow water to boil or bottom of bowl to touch water.) Cook, stirring often, until about 2/3 of chocolate has melted.
- ☐ Remove bowl from heat and stir until all chocolate is melted and smooth.
- ☐ Use a small metal spatula to spread chocolate in an even layer across lined baking pan. Arrange pretzels on top and sprinkle with cranberries, pressing down gently into chocolate layer.
- ☐ Let bark stand at room temperature until solid, about 45 minutes. Break into pieces before serving.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:5.43, Inflammation Score:-4, Nutrition Score:8.2360869723818%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 332.6kcal (16.63%), Fat: 17.76g (27.32%), Saturated Fat: 10.04g (62.73%), Carbohydrates: 40.65g (13.55%), Net Carbohydrates: 36.09g (13.12%), Sugar: 25.64g (28.49%), Cholesterol: 2.72mg (0.91%), Sodium: 110.54mg (4.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 39.01mg (13%), Protein: 3.65g (7.29%), Manganese: 0.71mg (35.62%), Copper: 0.59mg (29.35%), Magnesium: 82.78mg (20.7%), Iron: 3.3mg (18.35%), Fiber: 4.56g (18.24%), Phosphorus: 129.78mg (12.98%), Zinc: 1.3mg (8.68%), Potassium: 282.08mg (8.06%), Selenium: 4.26µg (6.08%), Vitamin B3: 0.89mg (4.47%), Vitamin K: 4.43µg (4.21%), Folate: 15.39µg (3.85%), Vitamin E: 0.56mg (3.75%), Vitamin B1: 0.05mg (3.48%), Vitamin B2: 0.05mg (3.17%), Calcium: 31.51mg (3.15%), Vitamin B5: 0.19mg (1.91%), Vitamin B12: 0.08µg (1.36%), Vitamin B6: 0.03mg (1.32%)