



WHATSheATE



Dark Chocolate Bark with Roasted Almonds and Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



20

CALORIES



213 kcal

Ingredients



1.3 cups almonds whole



1 pound chocolate dark



0.8 cup roasted pumpkin seeds salted

Equipment



bowl



baking sheet



sauce pan



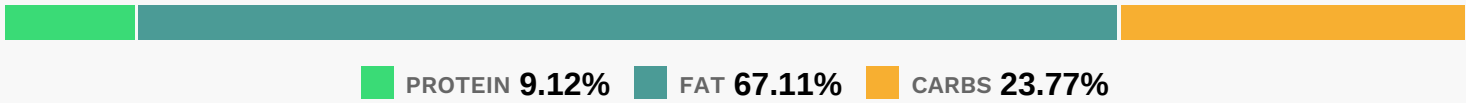
baking paper

- ☐ knife
- ☐ candy thermometer

Directions

- ☐ Line a baking sheet with parchment paper. Using a sharp knife, finely chop the chocolate. In a bowl set over a saucepan of gently simmering water, heat the chopped chocolate, stirring occasionally, until it is about two-thirds melted; do not let the bowl touch the water.
- ☐ Remove the bowl from the saucepan and stir the chocolate until it is completely melted and the temperature registers 90 on a candy thermometer. If the chocolate has not melted completely and is still too cool, set it over the saucepan for 1 or 2 minutes longer, stirring constantly; do not overheat.
- ☐ Stir the almonds and seeds into the chocolate and spread onto the prepared baking sheet in a 1/2-inch-thick layer, making sure the nuts and seeds are completely covered in chocolate. Refrigerate the bark for about 10 minutes, until hardened. Invert the bark onto a work surface.
- ☐ Remove the parchment paper, break into 25 pieces and store or serve.

Nutrition Facts



Properties

Glycemic Index:1.65, Glycemic Load:1.91, Inflammation Score:-4, Nutrition Score:8.993043569443%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 212.77kcal (10.64%), Fat: 16.3g (25.07%), Saturated Fat: 6.27g (39.2%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 9.11g (3.31%), Sugar: 5.89g (6.54%), Cholesterol: 0.68mg (0.23%), Sodium: 15.95mg (0.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.14mg (6.05%), Protein: 4.98g (9.96%), Manganese: 0.84mg (42.24%), Copper: 0.55mg (27.45%), Magnesium: 100.18mg (25.04%), Iron: 3.39mg (18.82%), Phosphorus: 164.79mg

(16.48%), Vitamin E: 2.45mg (16.31%), Fiber: 3.88g (15.51%), Zinc: 1.37mg (9.12%), Potassium: 262.54mg (7.5%), Vitamin B2: 0.13mg (7.42%), Calcium: 42.9mg (4.29%), Vitamin B3: 0.76mg (3.79%), Selenium: 2.32µg (3.32%), Vitamin B1: 0.03mg (1.94%), Vitamin K: 1.85µg (1.77%), Vitamin B5: 0.16mg (1.62%), Folate: 6.45µg (1.61%), Vitamin B6: 0.03mg (1.26%), Vitamin B12: 0.06µg (1.06%)