



Dog Bark



Gluten Free



Popular

READY IN



40 min.

SERVINGS



18

CALORIES



185 kcal

Ingredients

- ☐ 5 slices bacon
- ☐ 1.5 oz cheddar cheese
- ☐ 2 cups carob chips
- ☐ 0.5 cup crunchy peanut butter

Equipment

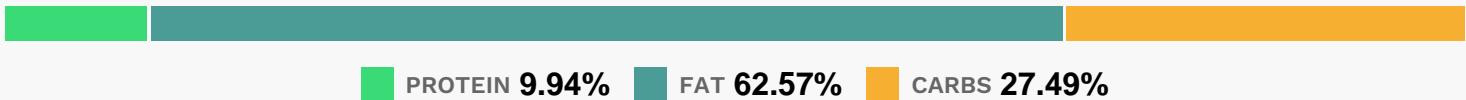
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

- ☐ aluminum foil
- ☐ cookie cutter
- ☐ microwave

Directions

- ☐ Line cookie sheet with foil. Spray lightly with cooking spray.
- ☐ In 12-inch skillet, cook bacon over low heat 8 to 10 minutes, turning occasionally, until crisp.
- ☐ Drain on paper towels. Coarsely chop bacon; set aside.
- ☐ Using 1 1/4-inch small dog bone cookie cutter, cut 15 dog bone shapes out of cheese slices. Set aside.
- ☐ In medium bowl, microwave carob chips uncovered on High 30 seconds; stir. Microwave 30 seconds longer. Stir in peanut butter.
- ☐ Spread carob mixture on foil to 1/4-inch thickness, about a 9-inch square. Immediately sprinkle with bacon and cheese; press lightly into carob mixture. Chill until set, about 15 minutes in freezer, or 30 minutes in refrigerator.
- ☐ Remove from foil; break into 18 pieces. Store in airtight container in refrigerator for 5 days.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.9065217372516%

Nutrients (% of daily need)

Calories: 185.33kcal (9.27%), Fat: 13.09g (20.14%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 11.61g (4.22%), Sugar: 7.43g (8.26%), Cholesterol: 6.6mg (2.2%), Sodium: 112.14mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.35%), Calcium: 80.83mg (8.08%), Manganese: 0.16mg (7.9%), Vitamin B3: 1.44mg (7.18%), Zinc: 1.06mg (7.1%), Phosphorus: 67.68mg (6.77%), Potassium: 193.91mg (5.54%), Vitamin E: 0.81mg (5.4%), Fiber: 1.33g (5.33%), Selenium: 3.52µg (5.04%), Magnesium: 20.04mg (5.01%), Copper: 0.08mg (4.07%), Vitamin B6: 0.07mg (3.69%), Vitamin B2: 0.06mg (3.47%), Vitamin B1: 0.05mg (3.01%), Folate: 11.29µg (2.82%), Vitamin B5: 0.27mg (2.74%), Iron: 0.42mg (2.35%), Vitamin B12: 0.11µg (1.86%), Vitamin K: 1.63µg (1.55%)