



## Egg Nog" White Chocolate Bark

 Vegetarian  Gluten Free

READY IN



250 min.

SERVINGS



18

CALORIES



182 kcal

DESSERT

### Ingredients

- 16 oz baker's chocolate white chopped (18 oz.)
- 0.5 cup cranberries dried
- 0.3 tsp ground nutmeg
- 6 oz planters pistachio lovers mix canned
- 0.5 tsp vanilla

### Equipment

- bowl
- baking sheet

aluminum foil

microwave

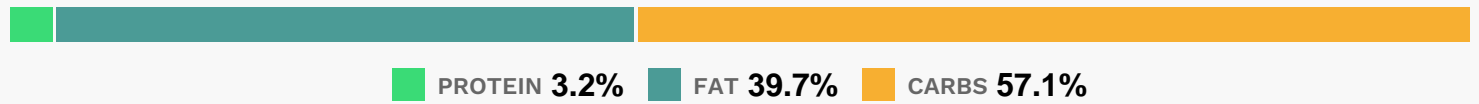
## Directions

Microwave chocolate in large microwaveable bowl on HIGH 2 min. or until almost melted, stirring every 30 sec. Stir until chocolate is completely melted.

Stir in remaining ingredients until blended; spread immediately onto foil-covered baking sheet.

Refrigerate 4 hours or until firm. Break into pieces.

## Nutrition Facts



## Properties

Glycemic Index:7.78, Glycemic Load:10.41, Inflammation Score:1, Nutrition Score:1.837391320778%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 182.32kcal (9.12%), Fat: 8.19g (12.61%), Saturated Fat: 4.94g (30.88%), Carbohydrates: 26.51g (8.84%), Net Carbohydrates: 26.28g (9.56%), Sugar: 26.11g (29.02%), Cholesterol: 5.29mg (1.76%), Sodium: 159.04mg (6.91%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 1.49g (2.97%), Phosphorus: 111.31mg (11.13%), Calcium: 51.65mg (5.17%), Vitamin B2: 0.07mg (4.4%), Vitamin K: 2.56µg (2.44%), Vitamin B12: 0.14µg (2.38%), Potassium: 75.13mg (2.15%), Vitamin E: 0.31mg (2.1%), Selenium: 1.22µg (1.74%), Vitamin B5: 0.16mg (1.63%), Copper: 0.03mg (1.32%), Zinc: 0.2mg (1.31%), Vitamin B1: 0.02mg (1.11%), Vitamin B3: 0.21mg (1.04%)