



## Espresso Bark

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



192 kcal

DESSERT

### Ingredients

- 0.8 cup coffee-bean granita whole
- 1 teaspoon butter
- 2 cups semi chocolate chips
- 0.3 cup chocolate white chopped

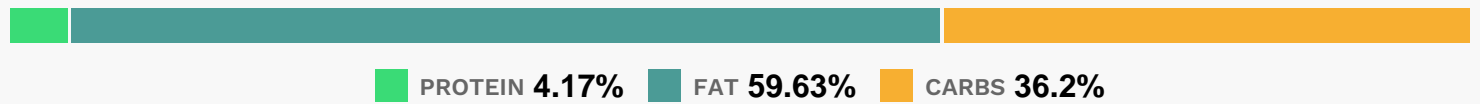
### Equipment

- bowl
- baking sheet
- microwave

## Directions

- Cover a cookie sheet with waxed paper.
- Combine the chocolate chips and margarine in a microwave-safe bowl.
- Heat in the microwave at 30 second intervals, stirring between each, until melted and smooth.
- Mix in the coffee beans until evenly distributed.
- Pour the chocolate out onto the waxed paper and spread into an even layer.
- Sprinkle the pieces of white chocolate evenly over the top and press in lightly to make sure they stick.
- Place in the freezer until set, about 5 minutes. Break into pieces and store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:5.83, Glycemic Load:1.14, Inflammation Score:-2, Nutrition Score:4.6904347153462%

## Nutrients (% of daily need)

Calories: 191.52kcal (9.58%), Fat: 12.71g (19.56%), Saturated Fat: 7.21g (45.08%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 14.95g (5.44%), Sugar: 12.64g (14.04%), Cholesterol: 2.38mg (0.79%), Sodium: 9.4mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 32.06mg (10.69%), Protein: 2g (4%), Manganese: 0.4mg (19.89%), Copper: 0.38mg (18.8%), Magnesium: 53.14mg (13.29%), Iron: 1.9mg (10.57%), Fiber: 2.41g (9.62%), Phosphorus: 82.94mg (8.29%), Zinc: 0.82mg (5.44%), Potassium: 178.14mg (5.09%), Selenium: 2.64µg (3.78%), Calcium: 24.2mg (2.42%), Vitamin K: 2.41µg (2.3%), Vitamin E: 0.22mg (1.44%), Vitamin B3: 0.27mg (1.36%), Vitamin B2: 0.02mg (1.33%), Vitamin B12: 0.07µg (1.16%), Vitamin B5: 0.11mg (1.07%)