



Holiday Chocolate Bark

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 6 ounces bittersweet chocolate
- ☐ 0.7 cup cherries dried chopped
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.7 cup pistachios chopped
- ☐ 0.5 cup puffed brown-rice cereal
- ☐ 0.3 teaspoon salt
- ☐ 6 ounces semisweet chocolate
- ☐ 2 ounces chocolate white melted

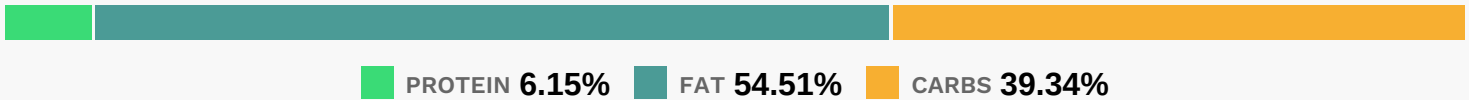
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Line a rimmed 15- by 10-inch baking sheet with 6 ounces bittersweet chocolate foil; refrigerate.
- ☐ Melt chocolates with salt and cinnamon in a large heat-safe bowl set over simmering water, stirring often. Stir in cereal and half of pistachios and cherries. Immediately pour onto prepared baking sheet and spread with a spatula into a large rectangle, about 1/4-inch thick.
- ☐ Sprinkle with remaining pistachios and cherries; drizzle with white chocolate.
- ☐ Refrigerate until firm, about 30 minutes. To serve, break into pieces. To store, transfer to an airtight container and refrigerate up to 3 days.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:5.2626086680785%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 201.97kcal (10.1%), Fat: 12.39g (19.06%), Saturated Fat: 6.04g (37.72%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 17.21g (6.26%), Sugar: 13.76g (15.29%), Cholesterol: 2.15mg (0.72%), Sodium: 45.38mg (1.97%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.5mg (6.5%), Protein: 3.14g (6.29%), Manganese: 0.37mg (18.47%), Copper: 0.36mg (17.9%), Magnesium: 47.18mg (11.8%), Fiber: 2.91g (11.64%), Iron: 1.76mg (9.8%), Phosphorus: 93.15mg (9.32%), Potassium: 196.24mg (5.61%), Vitamin B6: 0.1mg (5.14%), Zinc: 0.76mg (5.04%), Vitamin A: 226.46IU (4.53%), Vitamin B1: 0.06mg (4%), Selenium: 2.52µg (3.61%), Calcium: 32.42mg (3.24%), Vitamin E: 0.3mg (1.98%), Vitamin K: 1.98µg (1.89%), Vitamin B2: 0.03mg (1.89%), Vitamin B3: 0.31mg (1.56%), Vitamin B5: 0.12mg (1.2%), Vitamin B12: 0.06µg (1.03%)