



Holiday Fruit and Nut Bark



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



194 kcal

Ingredients

- ☐ 0.3 cup candied ginger chopped
- ☐ 7 ounces chocolate dark chopped (60-70% cocoa solids)
- ☐ 0.8 cup cherries dried
- ☐ 0.5 cup pistachios unsalted

Equipment

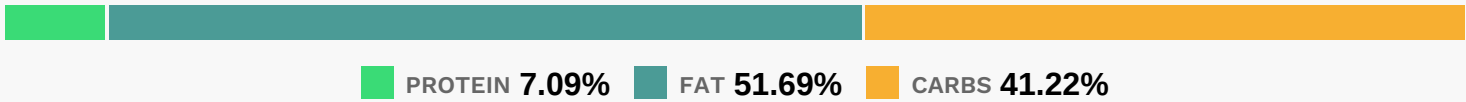
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ double boiler

- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Combine cherries, pistachios, and ginger in a medium bowl, stirring well. Line baking sheet with heavy-duty foil; chill pan.
- ☐ Place chocolate in a double boiler or a heatproof bowl; cook over simmering water until chocolate is melted, stirring frequently (about 5 minutes). Stir in half of fruit mixture; spread onto prepared pan. Using a rubber spatula, spread chocolate mixture evenly into an 11- x 9-inch rectangle. Immediately sprinkle the remaining fruit mixture evenly over top of the chocolate mixture; chill (about 10 minutes).
- ☐ Break into 10 (3-inch) pieces; serve.

Nutrition Facts



Properties

Glycemic Index:2.3, Glycemic Load:1.6, Inflammation Score:-4, Nutrition Score:5.9839130031026%

Nutrients (% of daily need)

Calories: 194kcal (9.7%), Fat: 11.28g (17.35%), Saturated Fat: 5.21g (32.54%), Carbohydrates: 20.24g (6.75%), Net Carbohydrates: 16.59g (6.03%), Sugar: 12.59g (13.99%), Cholesterol: 0.6mg (0.2%), Sodium: 6.32mg (0.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.88mg (5.29%), Protein: 3.48g (6.96%), Manganese: 0.46mg (23.15%), Copper: 0.43mg (21.49%), Iron: 2.76mg (15.31%), Fiber: 3.65g (14.61%), Magnesium: 51.95mg (12.99%), Phosphorus: 89.97mg (9%), Vitamin A: 346.4IU (6.93%), Potassium: 204mg (5.83%), Zinc: 0.8mg (5.34%), Vitamin B6: 0.08mg (3.82%), Vitamin B1: 0.05mg (3.3%), Calcium: 29.25mg (2.92%), Selenium: 1.96µg (2.81%), Vitamin K: 2.26µg (2.15%), Vitamin B2: 0.03mg (1.76%), Vitamin E: 0.25mg (1.67%), Vitamin B3: 0.29mg (1.47%), Vitamin B5: 0.11mg (1.15%)