



## Holiday Jewel Bark

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



208 kcal

### Ingredients

- 0.5 cup apricots dried divided chopped
- 0.5 cup cranberries dried divided
- 0.5 cup planters nuts mixed divided chopped
- 8 oz baker's semi-sweet chocolate

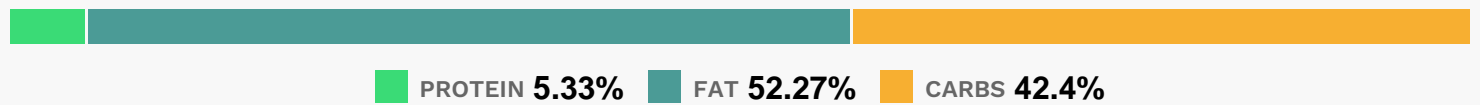
### Equipment

- bowl
- baking sheet
- microwave

## Directions

- Microwave chocolate in microwaveable bowl on HIGH 2 min. or until chocolate is melted, stirring after each minute.
- Add half each of the cranberries, apricots and nuts; mix well.
- Spread onto waxed paper-covered baking sheet.
- Sprinkle with remaining fruit and nuts. Refrigerate until firm.
- Break into pieces.

## Nutrition Facts



## Properties

Glycemic Index:6.31, Glycemic Load:1.55, Inflammation Score:-4, Nutrition Score:5.8069564233656%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 208.41kcal (10.42%), Fat: 12.49g (19.22%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 19.54g (7.11%), Sugar: 16.2g (18%), Cholesterol: 1.36mg (0.45%), Sodium: 4.09mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.5mg (6.5%), Protein: 2.86g (5.73%), Manganese: 0.47mg (23.57%), Copper: 0.4mg (20.06%), Magnesium: 58.44mg (14.61%), Fiber: 3.26g (13.03%), Iron: 1.9mg (10.53%), Phosphorus: 95.39mg (9.54%), Potassium: 249.95mg (7.14%), Zinc: 0.91mg (6.04%), Vitamin A: 246.68IU (4.93%), Vitamin B3: 0.73mg (3.65%), Vitamin E: 0.54mg (3.62%), Selenium: 2.08µg (2.98%), Calcium: 23.22mg (2.32%), Vitamin K: 2.3µg (2.19%), Vitamin B6: 0.04mg (2.03%), Vitamin B5: 0.2mg (2.01%), Vitamin B2: 0.03mg (1.88%), Vitamin B1: 0.02mg (1.56%), Folate: 4.25µg (1.06%)