



Holiday OREO Bark

READY IN



260 min.

SERVINGS



18

CALORIES



186 kcal

DESSERT

Ingredients

- 9 oz baker's chocolate white melted
- 0.3 cup candy canes crushed
- 12 winter oreo cookies roughly chopped
- 8 oz baker's semi-sweet chocolate melted

Equipment

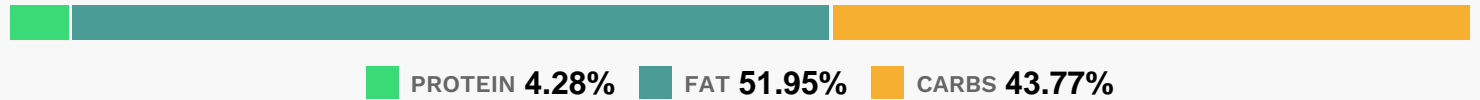
- frying pan
- baking sheet
- aluminum foil

cookie cutter

Directions

- Cover large baking sheet with foil.
- Spread semi-sweet chocolate in a thin layer onto pan. Refrigerate 10 min.
- Spread white chocolate in a thin layer over semi-sweet chocolate.
- Sprinkle with remaining ingredients. Refrigerate 4 hours or until firm.
- Break into pieces or cut with cookie cutters to make Holiday OREO Bark Christmas Trees (see Tip). Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:5.85, Inflammation Score:-1, Nutrition Score:3.6282608450755%

Nutrients (% of daily need)

Calories: 186.47kcal (9.32%), Fat: 10.91g (16.78%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 19.41g (7.06%), Sugar: 16.24g (18.05%), Cholesterol: 3.73mg (1.24%), Sodium: 45.06mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.24mg (3.75%), Protein: 2.02g (4.04%), Manganese: 0.22mg (11.12%), Iron: 1.8mg (9.99%), Copper: 0.19mg (9.62%), Magnesium: 27.64mg (6.91%), Phosphorus: 65.15mg (6.51%), Fiber: 1.27g (5.07%), Vitamin K: 4.39µg (4.18%), Vitamin B2: 0.07mg (3.83%), Calcium: 37.7mg (3.77%), Potassium: 130.7mg (3.73%), Zinc: 0.5mg (3.32%), Selenium: 2.11µg (3.02%), Vitamin E: 0.41mg (2.72%), Vitamin B3: 0.42mg (2.1%), Vitamin B1: 0.03mg (1.91%), Vitamin B12: 0.1µg (1.7%), Vitamin B5: 0.15mg (1.48%), Folate: 5.87µg (1.47%)