



## Marble Bark

 **Gluten Free**

READY IN



**105 min.**

SERVINGS



**45**

CALORIES



**43 kcal**

DESSERT

### Ingredients

- 4 oz baker's chocolate white (6 oz.)
- 1 cup planters pecans toasted chopped
- 4 oz baker's semi-sweet chocolate (6 oz.)

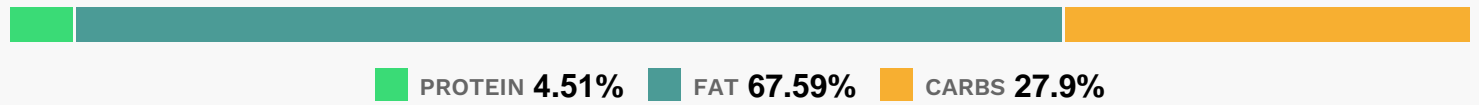
### Equipment

- bowl
- baking sheet
- knife
- microwave

## Directions

- Microwave chocolates in separate microwaveable bowls on HIGH 2 min. or until chocolates are almost melted, stirring after 1 min. Stir until chocolates are completely melted.
- Stir 1/2 cup of the pecans into each bowl. Alternately spoon melted chocolates onto waxed paper-covered baking sheet or tray. Swirl chocolates together with knife for marble effect.
- Refrigerate 1-1/2 hours or until firm. Break into pieces. Store in tightly covered container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:1.78, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:1.0408695749938%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## Nutrients (% of daily need)

Calories: 43.38kcal (2.17%), Fat: 3.36g (5.17%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.7g (0.98%), Sugar: 2.5g (2.78%), Cholesterol: 0.68mg (0.23%), Sodium: 2.52mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Manganese: 0.13mg (6.63%), Copper: 0.06mg (2.97%), Magnesium: 7.4mg (1.85%), Phosphorus: 17.08mg (1.71%), Fiber: 0.42g (1.67%), Zinc: 0.19mg (1.23%), Iron: 0.22mg (1.23%), Vitamin B1: 0.02mg (1.13%)