



## Marble Cookie Bark

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



126 kcal

### Ingredients

- 4 oz baker's chocolate (6 oz.) white
- 10 chocolate chip cookie mix divided (2 inch)
- 0.3 cup cranberries dried divided
- 8 oz baker's semi-sweet chocolate

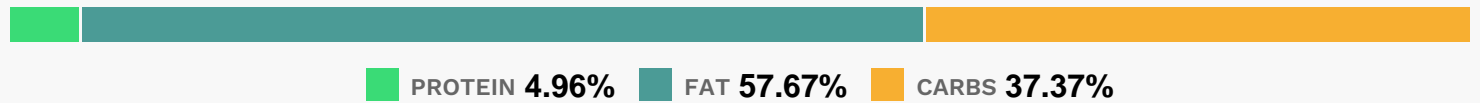
### Equipment

- bowl
- baking sheet
- knife
- microwave

## Directions

- Microwave semi-sweet and white chocolates in separate medium microwaveable bowls as directed on package. Stir 1/3 cup cookies and 1 Tbsp. cranberries into chocolate in each bowl.
- Drop spoonfuls of the 2 chocolate mixtures alternately onto waxed paper-covered baking sheet; swirl gently with knife.
- Sprinkle with remaining cookies and cranberries.
- Refrigerate 1 hour or until firm. Break into pieces.

## Nutrition Facts



## Properties

Glycemic Index:2.43, Glycemic Load:1.74, Inflammation Score:-2, Nutrition Score:3.9891304989224%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 126.4kcal (6.32%), Fat: 8.65g (13.31%), Saturated Fat: 4.86g (30.39%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 10.53g (3.83%), Sugar: 7.1g (7.88%), Cholesterol: 1.12mg (0.37%), Sodium: 22.32mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.29mg (4.76%), Protein: 1.68g (3.35%), Manganese: 0.39mg (19.53%), Copper: 0.33mg (16.29%), Magnesium: 40.37mg (10.09%), Iron: 1.78mg (9.86%), Fiber: 2.08g (8.33%), Zinc: 0.88mg (5.84%), Phosphorus: 54.98mg (5.5%), Potassium: 122.11mg (3.49%), Selenium: 1.42µg (2.03%), Vitamin B1: 0.03mg (2.02%), Vitamin B3: 0.29mg (1.45%), Vitamin K: 1.48µg (1.41%), Folate: 5.27µg (1.32%), Calcium: 12.89mg (1.29%), Vitamin B2: 0.02mg (1.27%)