



Marbled Cashew Bark

 Gluten Free

READY IN



12 min.

SERVINGS



12

CALORIES



218 kcal

DESSERT

Ingredients

- ☐ 1 cup cashew pieces unsalted salted
- ☐ 6 oz bittersweet chocolate dark chopped
- ☐ 6 oz chocolate white chopped

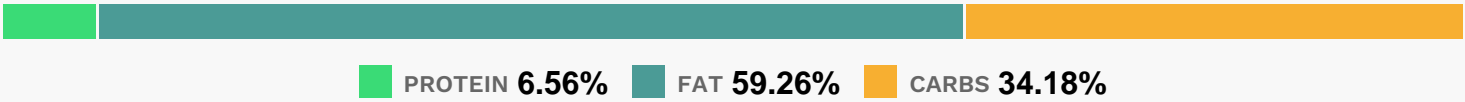
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ microwave

Directions

- ☐
- Line a large baking sheet with parchment paper.
- ☐
- Put the dark chocolate in a large bowl and microwave at 50% power for 30 seconds. Stir well, even if the chocolate doesn't appear to have melted. Repeat, microwaving for another 30 seconds at 50% power and stirring well after 30 seconds. Continue until all the chocolate is fully melted. Repeat with the white chocolate.Stir 1/2 cup of the cashews into each bowl.Spoon both melted chocolates onto the parchment paper to make a marbled pattern.Chill until set, then break into pieces. If your kitchen is cool, you can try to let it set at room temperature, but this will take much longer.

Nutrition Facts



Properties

Glycemic Index:7.93, Glycemic Load:6.58, Inflammation Score:-2, Nutrition Score:5.6086956761453%

Nutrients (% of daily need)

Calories: 217.92kcal (10.9%), Fat: 14.69g (22.61%), Saturated Fat: 6.71g (41.93%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 17.55g (6.38%), Sugar: 14.2g (15.78%), Cholesterol: 3.83mg (1.28%), Sodium: 15.46mg (0.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 3.66g (7.32%), Copper: 0.42mg (21.07%), Manganese: 0.37mg (18.34%), Magnesium: 58.04mg (14.51%), Phosphorus: 125.55mg (12.55%), Iron: 1.65mg (9.16%), Zinc: 1.1mg (7.35%), Fiber: 1.52g (6.07%), Vitamin K: 5.98µg (5.69%), Selenium: 3.97µg (5.67%), Potassium: 191.86mg (5.48%), Calcium: 40.97mg (4.1%), Vitamin B1: 0.06mg (3.93%), Vitamin B2: 0.05mg (3.13%), Vitamin B6: 0.06mg (2.88%), Vitamin B5: 0.22mg (2.22%), Vitamin E: 0.32mg (2.11%), Vitamin B12: 0.1µg (1.75%), Vitamin B3: 0.34mg (1.69%)