



Milk Chocolate-Peanut Butter Bark

 Gluten Free

READY IN



40 min.

SERVINGS



16

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 1 cup milk chocolate chips
- ☐ 1 cup peanut butter chips
- ☐ 0.5 cup roasted peanuts salted chopped

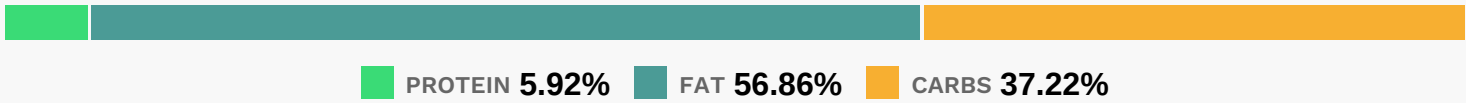
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ Line cookie sheet with foil. In medium saucepan, melt chocolate chips and peanut butter chips over low heat, stirring constantly until smooth.
- ☐ Remove from heat.
- ☐ Stir in peanuts.
- ☐ Spread to 1/4-inch thickness on foil-lined cookie sheet. Refrigerate about 30 minutes or until set. Break into pieces.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.057391298206%

Nutrients (% of daily need)

Calories: 82.67kcal (4.13%), Fat: 5.45g (8.39%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.62g (2.77%), Sugar: 6.43g (7.14%), Cholesterol: 0mg (0%), Sodium: 19.76mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Manganese: 0.11mg (5.37%), Vitamin B3: 0.68mg (3.41%), Potassium: 67.55mg (1.93%), Magnesium: 7.66mg (1.92%), Phosphorus: 17.66mg (1.77%), Fiber: 0.41g (1.62%), Copper: 0.03mg (1.51%), Folate: 5.75µg (1.44%), Calcium: 12.6mg (1.26%)