



Milk Chocolate Peppermint Bark

 Gluten Free

READY IN



120 min.

SERVINGS



10

CALORIES



725 kcal

DESSERT

Ingredients

- ☐ 8 peppermint candy canes divided crushed
- ☐ 24 ounce milk chocolate chips
- ☐ 2 teaspoons peppermint extract
- ☐ 24 ounce chocolate chips white

Equipment

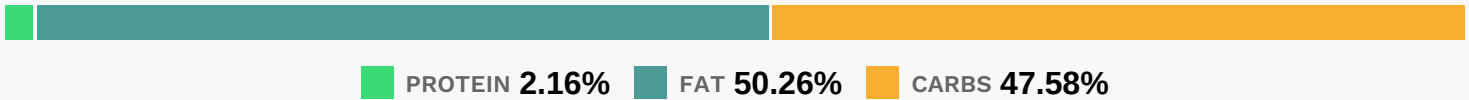
- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

☐ microwave

Directions

- ☐ Line a 12x18 inch jelly roll pan with aluminum foil.
- ☐ Melt the milk chocolate in a microwave-safe glass or ceramic bowl in 30-second intervals, stirring after each melting, for 1 to 5 minutes (depending on your microwave). Do not overheat or chocolate will scorch. Stir in the peppermint extract.
- ☐ Spread the chocolate evenly in the prepared pan; chill until set, about 30 minutes.
- ☐ Meanwhile, melt the white chocolate in a microwave-safe glass or ceramic bowl in 30-second intervals, stirring after each melting, for 1 to 5 minutes. Stir in 1/4 cup of the crushed candy canes.
- ☐ Spread the white chocolate mixture evenly over the milk chocolate.
- ☐ Sprinkle the remaining candy cane pieces evenly over the white chocolate layer. Chill until set, about 1 hour. Break into small pieces to serve.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:30.75, Inflammation Score:1, Nutrition Score:4.2013042724651%

Nutrients (% of daily need)

Calories: 725.43kcal (36.27%), Fat: 41.28g (63.51%), Saturated Fat: 25.35g (158.45%), Carbohydrates: 87.91g (29.3%), Net Carbohydrates: 87.77g (31.92%), Sugar: 81.82g (90.92%), Cholesterol: 14.29mg (4.76%), Sodium: 61.31mg (2.67%), Alcohol: 0.28g (100%), Alcohol %: 0.25% (100%), Protein: 3.99g (7.99%), Calcium: 184.09mg (18.41%), Phosphorus: 119.8mg (11.98%), Vitamin B2: 0.19mg (11.33%), Potassium: 390.17mg (11.15%), Vitamin B12: 0.38µg (6.35%), Vitamin K: 6.19µg (5.9%), Selenium: 3.06µg (4.37%), Vitamin E: 0.65mg (4.35%), Vitamin B5: 0.41mg (4.14%), Zinc: 0.5mg (3.36%), Vitamin B1: 0.04mg (2.86%), Vitamin B3: 0.51mg (2.55%), Copper: 0.04mg (2.07%), Magnesium: 8.26mg (2.07%), Vitamin B6: 0.04mg (1.92%), Folate: 4.76µg (1.19%)