

Peppermint Bark

 Gluten Free  Popular

READY IN



150 min.

SERVINGS



3

CALORIES



1039 kcal

DESSERT

Ingredients

- 2 teaspoons canola oil divided
- 25 peppermint candies crushed
- 0.5 teaspoon peppermint extract divided
- 8 ounces bittersweet chocolate
- 8 ounces chocolate white

Equipment

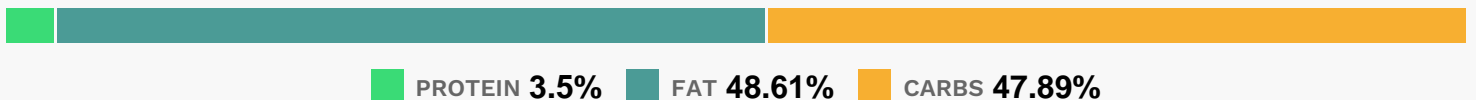
- frying pan
- double boiler

spatula

Directions

- Lightly grease a 9x9 inch pan and line with waxed paper, smoothing out wrinkles; set aside.
- Place the semisweet chocolate and 1 teaspoon of the canola oil in the top of a double boiler over just barely simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching. When the chocolate is melted, stir in 1/4 teaspoon of the peppermint extract.
- Pour the melted chocolate into the prepared pan, and spread evenly over the bottom of the pan.
- Sprinkle half of the crushed peppermints over the chocolate layer. Refrigerate until completely hardened, about 1 hour.
- Place the white chocolate and the remaining 1 teaspoon canola oil in the top of a double boiler over just barely simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching. When the chocolate is melted, stir in the remaining 1/4 teaspoon peppermint extract.
- Pour the white chocolate directly over the semisweet chocolate layer; spread evenly.
- Sprinkle the remaining crushed candy over the top and gently press in. Refrigerate until completely hardened.
- Remove from pan; break into small pieces to serve.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:58.81, Inflammation Score:-4, Nutrition Score:15.766521768725%

Nutrients (% of daily need)

Calories: 1039.44kcal (51.97%), Fat: 55.9g (85.99%), Saturated Fat: 31.52g (196.99%), Carbohydrates: 123.88g (41.29%), Net Carbohydrates: 117.69g (42.79%), Sugar: 100.59g (111.77%), Cholesterol: 20.41mg (6.8%), Sodium: 75.66mg (3.29%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Caffeine: 65.01mg (21.67%), Protein: 9.06g (18.13%), Manganese: 1.01mg (50.46%), Copper: 0.99mg (49.47%), Magnesium: 142.21mg (35.55%), Phosphorus: 329.65mg (32.97%), Iron: 4.96mg (27.56%), Fiber: 6.2g (24.8%), Calcium: 197.39mg (19.74%), Potassium: 645.84mg (18.45%), Zinc: 2.56mg (17.09%), Vitamin B2: 0.25mg (14.76%), Selenium: 9.75µg (13.93%), Vitamin K: 14.22µg

(13.55%), Vitamin E: 1.64mg (10.92%), Vitamin B12: 0.56µg (9.32%), Vitamin B5: 0.69mg (6.87%), Vitamin B3: 1.2mg (6%), Vitamin B1: 0.07mg (4.79%), Vitamin B6: 0.07mg (3.41%), Folate: 5.29µg (1.32%), Vitamin A: 60.48IU (1.21%)