



Peppermint Bark



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



789 kcal

DESSERT

Ingredients

- ☐ 2 pounds bittersweet chocolate
- ☐ 12 servings butter parchment
- ☐ 2 pounds peppermint candies
- ☐ 1 tablespoon solid vegetable shortening

Equipment

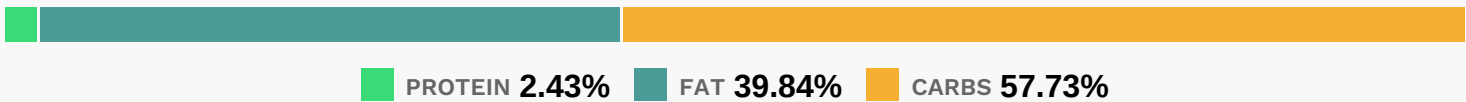
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ sieve
- ☐ ziploc bags
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Line a 12- by 15-inch baking sheet with cooking parchment; butter parchment. Chop 2 pounds bittersweet chocolate and place with 1 tablespoon solid vegetable shortening in a heatproof bowl that will nest in a 3- to 4-quart pan.
- ☐ Heat 1 inch of water in the pan just until steaming.
- ☐ Remove from heat and place bowl over water (bowl shouldn't touch water). Stir occasionally just until mixture is melted and smooth.
- ☐ Remove bowl from over pan.
- ☐ Meanwhile, place 2 pounds peppermint candy in a heavy zip-lock plastic bag; pound with a mallet or rolling pin to crush.
- ☐ Transfer 1 1/4 cups crushed peppermint to a fine strainer; hold over melted chocolate and knock side to sift fine dust into chocolate. Reserve candy in strainer.
- ☐ Stir remaining unsifted peppermint into chocolate mixture. Using a flexible spatula, scrape onto parchment and spread 1/4 to 1/2 inch thick (mixture should almost cover sheet).
- ☐ Sprinkle with reserved peppermint from strainer; gently press into chocolate.
- ☐ Let stand at cool room temperature until completely firm, 4 to 6 hours, or overnight. Break or cut bark into pieces. Store airtight in a cool place up to 1 month.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:50.06, Inflammation Score:-5, Nutrition Score:11.626521811861%

Nutrients (% of daily need)

Calories: 789.17kcal (39.46%), Fat: 34.08g (52.44%), Saturated Fat: 19.49g (121.82%), Carbohydrates: 111.15g (37.05%), Net Carbohydrates: 105.1g (38.22%), Sugar: 78.84g (87.6%), Cholesterol: 15.29mg (5.1%), Sodium:

39.75mg (1.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 65.01mg (21.67%), Protein: 4.67g (9.34%), Manganese: 1mg (50.08%), Copper: 0.94mg (47.17%), Magnesium: 133.15mg (33.29%), Iron: 4.78mg (26.55%), Fiber: 6.05g (24.19%), Phosphorus: 197.76mg (19.78%), Zinc: 2.01mg (13.39%), Potassium: 429.84mg (12.28%), Selenium: 6.4µg (9.14%), Vitamin K: 6.36µg (6.06%), Calcium: 48.08mg (4.81%), Vitamin E: 0.63mg (4.18%), Vitamin A: 162.75IU (3.25%), Vitamin B3: 0.64mg (3.18%), Vitamin B12: 0.14µg (2.41%), Vitamin B5: 0.24mg (2.4%), Vitamin B2: 0.04mg (2.28%), Vitamin B1: 0.02mg (1.64%), Vitamin B6: 0.03mg (1.29%)