

Peppermint Bark

 Gluten Free

READY IN



100 min.

SERVINGS



24

CALORIES



323 kcal

DESSERT

Ingredients

- ☐ 1.5 pounds milk chocolate candy coarsely chopped
- ☐ 1 teaspoon oil-based peppermint flavoring to taste
- ☐ 30 peppermint candies hard divided crushed
- ☐ 1.5 pounds chocolate white chopped

Equipment

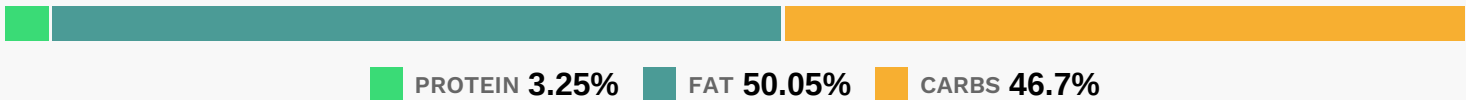
- ☐ frying pan
- ☐ double boiler
- ☐ baking pan

- ☐ wax paper
- ☐ spatula

Directions

- ☐ Spread 1/3 of the peppermint candy over a 9x13-inch baking pan lined with wax paper.
- ☐ Melt the milk chocolate 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, just until melted.
- ☐ Pour the melted chocolate over peppermint candy in the prepared pan.
- ☐ Sprinkle another 1/3 of the candy on top of the milk chocolate. Refrigerate until the chocolate hardens, about 30 minutes.
- ☐ Melt the white chocolate 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. Stir in the oil-based peppermint flavoring.
- ☐ Pour the white chocolate over the milk chocolate, then spread the remaining 1/3 peppermint candy on top.
- ☐ Refrigerate until the white chocolate hardens, about 30 minutes.
- ☐ Cut or break into pieces to serve.

Nutrition Facts



Properties

Glycemic Index:7.61, Glycemic Load:22.48, Inflammation Score:-1, Nutrition Score:3.8939130060051%

Nutrients (% of daily need)

Calories: 323.32kcal (16.17%), Fat: 18.96g (29.17%), Saturated Fat: 11.2g (70.03%), Carbohydrates: 39.82g (13.27%), Net Carbohydrates: 38.2g (13.89%), Sugar: 35.54g (39.49%), Cholesterol: 5.95mg (1.98%), Sodium: 30.05mg (1.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.71mg (6.24%), Protein: 2.77g (5.54%), Phosphorus: 91.57mg (9.16%), Copper: 0.18mg (8.99%), Magnesium: 35.44mg (8.86%), Vitamin B2: 0.15mg (8.7%), Manganese: 0.14mg (7.12%), Fiber: 1.62g (6.46%), Calcium: 63.22mg (6.32%), Iron: 0.85mg (4.72%), Potassium: 163.29mg (4.67%), Vitamin K: 4.48µg (4.27%), Zinc: 0.63mg (4.23%), Selenium: 2.07µg (2.96%), Vitamin B12: 0.16µg (2.65%), Vitamin E: 0.38mg (2.5%), Vitamin B3: 0.4mg (2.01%), Vitamin B5: 0.19mg (1.92%), Vitamin B1: 0.02mg (1.57%),

Vitamin B6: 0.03mg (1.4%)