



Peppermint Bark Trees

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 1 cup candy canes crushed
- ☐ 1.5 cups candy melts dark melted
- ☐ 14 oz chocolate white melted

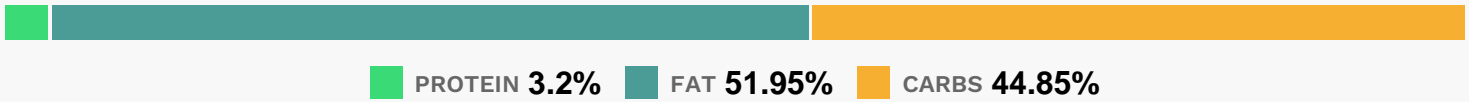
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle about 1 Tbsp. crushed peppermint candies in bottom of 18 mini tree-shaped silicone ice cube molds.
- ☐ Spoon white candy melts into a ziplock bag; seal bag. Snip a small corner off bag. Pipe enough candy to cover mints by about 1/2 inch. Tap pan on countertop to smooth melted white candy. Refrigerate until candy is just set, about 5 minutes.
- ☐ Spoon dark cocoa candy melts into another ziplock bag; seal bag. Snip a small corner off bag. Pipe a thin layer of dark cocoa candy melts on top of white candy melts. Tap tray on countertop to smooth. Refrigerate until firm, about 15 minutes.
- ☐ Remove candies from tray. Wrap in cellophane and tie with a bow, or package in a gift box. Or, use mini pails, pictured, left (58 each; blissweddingsmarket.com).

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:9.11, Inflammation Score:1, Nutrition Score:1.2113043458565%

Nutrients (% of daily need)

Calories: 160.28kcal (8.01%), Fat: 9.34g (14.37%), Saturated Fat: 6.35g (39.68%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 18.09g (6.58%), Sugar: 18.09g (20.1%), Cholesterol: 4.63mg (1.54%), Sodium: 28.32mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Calcium: 43.88mg (4.39%), Phosphorus: 38.81mg (3.88%), Vitamin B2: 0.06mg (3.66%), Vitamin B12: 0.12µg (2.06%), Vitamin K: 2.01µg (1.91%), Potassium: 63.06mg (1.8%), Selenium: 0.99µg (1.42%), Vitamin E: 0.21mg (1.41%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.16mg (1.09%)