



WHATSheATE



Peppermint-Pretzel Bark



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



272 kcal

DESSERT

Ingredients

- ☐ 0.7 cup peppermint candies coarsely chopped
- ☐ 16 oz candy coating disks chopped
- ☐ 0.5 teaspoon peppermint extract
- ☐ 1 cup pretzel sticks coarsely chopped

Equipment

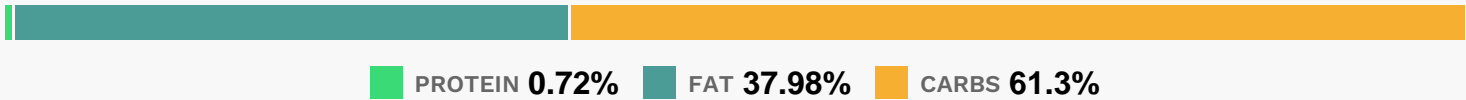
- ☐ bowl
- ☐ frying pan
- ☐ baking paper

☐ microwave

Directions

- ☐ Microwave candy coating in a 1-qt. microwave-safe glass bowl at MEDIUM (50% power) 1 minute; stir. Microwave until melted and smooth, stirring at 30-second intervals. Stir in peppermint extract.
- ☐ Spread half of melted candy coating about 1/8 inch thick in a parchment paper-lined jelly-roll pan.
- ☐ Sprinkle 1/2 cup chopped pretzels and 1/3 cup chopped candy canes over melted candy coating, and press into coating. Repeat procedure with remaining ingredients on another parchment paper-lined jelly-roll pan. Chill 5 minutes or until cool and firm. Break into pieces.
- ☐ Note: We tested with Log House Candiquik Vanilla Candy Coating and Nielsen-Massey Pure Peppermint Extract.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:9.24, Inflammation Score:1, Nutrition Score:0.55086956983027%

Nutrients (% of daily need)

Calories: 272.48kcal (13.62%), Fat: 10.94g (16.82%), Saturated Fat: 10.82g (67.61%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 39.55g (14.38%), Sugar: 33.51g (37.23%), Cholesterol: 0mg (0%), Sodium: 68.84mg (2.99%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 0.47g (0.93%), Manganese: 0.04mg (2.2%), Folate: 8.45µg (2.11%), Vitamin B1: 0.02mg (1.32%), Vitamin B3: 0.25mg (1.23%), Iron: 0.21mg (1.19%)