



## Rocky Road Bark

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



868 kcal

DESSERT

### Ingredients

- ☐ 9 servings butter
- ☐ 3 cups marshmallows mini divided
- ☐ 2 pounds chocolate
- ☐ 1 tablespoon solid vegetable shortening
- ☐ 3 cups walnuts divided coarsely chopped

### Equipment

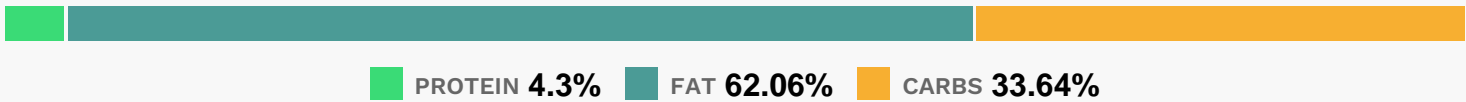
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ spatula

## Directions

- ☐ Line a 12- by 15-inch baking sheet with cooking parchment; butter parchment. Chop 2 pounds milk 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.
- ☐ Stir in 2 cups each mini marshmallows and coarsely chopped walnuts. Using a flexible spatula, scrape mixture onto buttered parchment and spread 3/8 to 1/2 inch thick (mixture should almost cover sheet).
- ☐ Sprinkle with 1 more cup each marshmallows and walnuts; 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 2 weeks.

## Nutrition Facts



## Properties

Glycemic Index:19.23, Glycemic Load:32.31, Inflammation Score:-6, Nutrition Score:17.431304496915%

## Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg

## Nutrients (% of daily need)

Calories: 867.53kcal (43.38%), Fat: 65.41g (100.63%), Saturated Fat: 25.57g (159.79%), Carbohydrates: 79.78g (26.59%), Net Carbohydrates: 71.6g (26.04%), Sugar: 62.51g (69.46%), Cholesterol: 10.75mg (3.58%), Sodium: 62.45mg (2.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 66.53mg (22.18%), Protein: 10.2g (20.4%), Manganese: 1.83mg (91.54%), Copper: 1.21mg (60.74%), Magnesium: 175.96mg (43.99%), Fiber: 8.17g (32.69%), Phosphorus: 285.65mg (28.56%), Iron: 3.96mg (21.98%), Zinc: 2.73mg (18.19%), Vitamin B2: 0.3mg (17.78%), Potassium: 466.34mg (13.32%), Vitamin B6: 0.25mg (12.67%), Folate: 41.56µg (10.39%), Vitamin B1: 0.15mg (10.26%),

Vitamin K: 8.51µg (8.1%), Selenium: 5.07µg (7.24%), Calcium: 64.13mg (6.41%), Vitamin B3: 1.13mg (5.64%), Vitamin E: 0.74mg (4.92%), Vitamin B5: 0.31mg (3.1%), Vitamin A: 132.75IU (2.65%)