



Salted Honey and Chocolate Bark

READY IN



45 min.

SERVINGS



12

CALORIES



434 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons cacao nibs
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 2 tablespoons coffee-bean granita crushed
- ☐ 0.3 cup hazelnuts chopped
- ☐ 0.5 cup honey
- ☐ 12 ounces round buttery crackers
- ☐ 2 teaspoons sea salt (such as Maldon)
- ☐ 6 ounces bittersweet chocolate melted

- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted cut into pieces (1 stick)

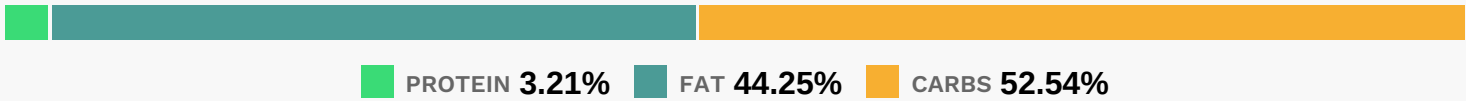
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350°F. Using your hands, coarsely crumble crackers onto a parchment-lined baking sheet. Toast in oven until golden brown, 8–10 minutes.
- ☐ Transfer baking sheet to a wire rack and let crackers cool.
- ☐ Meanwhile, heat sugar, honey, and butter in a medium saucepan over medium-high heat, stirring occasionally, until butter is melted. Fit saucepan with thermometer and cook, whisking frequently, until thermometer registers 300°F, 8–10 minutes.
- ☐ Remove from heat and stir in baking soda (mixture will bubble vigorously). Quickly pour mixture over crackers, spreading to coat evenly.
- ☐ Let cool completely.
- ☐ Drizzle chocolate over cooled crackers; immediately top with cherries, coffee beans, hazelnuts, and cacao nibs and sprinkle with salt. Chill until chocolate is hardened, at least 10 minutes. Break bark into pieces.
- ☐ MAKE AHEAD: Bark can be made 3 days ahead. Wrap tightly and keep chilled.

Nutrition Facts



Properties

Glycemic Index:11.45, Glycemic Load:17.73, Inflammation Score:-3, Nutrition Score:7.4221739419129%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 434.47kcal (21.72%), Fat: 21.9g (33.69%), Saturated Fat: 10.04g (62.76%), Carbohydrates: 58.49g (19.5%), Net Carbohydrates: 56.01g (20.37%), Sugar: 39.53g (43.93%), Cholesterol: 21.19mg (7.06%), Sodium: 732.27mg (31.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.71mg (5.24%), Protein: 3.58g (7.15%), Manganese: 0.52mg (26.1%), Vitamin K: 16.6µg (15.81%), Copper: 0.27mg (13.32%), Iron: 2.37mg (13.18%), Phosphorus: 124.74mg (12.47%), Vitamin E: 1.77mg (11.82%), Fiber: 2.48g (9.92%), Vitamin B1: 0.15mg (9.8%), Magnesium: 36.62mg (9.16%), Vitamin B3: 1.6mg (7.98%), Folate: 23.8µg (5.95%), Calcium: 59.28mg (5.93%), Vitamin B2: 0.1mg (5.77%), Vitamin A: 243.95IU (4.88%), Zinc: 0.66mg (4.38%), Selenium: 2.89µg (4.13%), Potassium: 143.61mg (4.1%), Vitamin B6: 0.04mg (2.07%), Vitamin B5: 0.2mg (2.01%)