



White Chocolate-Cherry Bark

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almonds sliced
- ☐ 12 ounce chocolate chips white
- ☐ 0.3 cup cherries dried chopped
- ☐ 0.7 cup pretzel sticks salted

Equipment

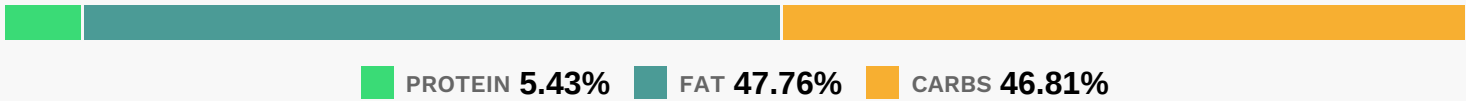
- ☐ bowl
- ☐ frying pan
- ☐ baking paper

☐ microwave

Directions

- ☐ Place almonds in a skillet over high heat. Cook 2 minutes or until lightly browned, stirring frequently.
- ☐ Remove from heat.
- ☐ Combine almonds, cherries, and pretzels in a bowl. Set aside half of mixture.
- ☐ Place chocolate in a 1-quart glass measure. Microwave at HIGH 1 1/2 minutes or until chocolate melts, stirring every 30 seconds.
- ☐ Add chocolate to bowl with pretzel mixture; stir well.
- ☐ Spread chocolate mixture evenly into a 12 x 7-inch rectangle on a jelly-roll pan lined with parchment paper.
- ☐ Sprinkle remaining pretzel mixture evenly over chocolate, pressing lightly to adhere. Freeze 10 minutes. Break into 16 pieces.

Nutrition Facts



Properties

Glycemic Index:10.19, Glycemic Load:10.28, Inflammation Score:-1, Nutrition Score:1.9713043518688%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 138.83kcal (6.94%), Fat: 7.52g (11.57%), Saturated Fat: 4.18g (26.13%), Carbohydrates: 16.58g (5.53%), Net Carbohydrates: 16.06g (5.84%), Sugar: 13.96g (15.51%), Cholesterol: 4.47mg (1.49%), Sodium: 48.49mg (2.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Calcium: 48.58mg (4.86%), Vitamin B2: 0.08mg (4.82%), Phosphorus: 46.42mg (4.64%), Vitamin E: 0.54mg (3.57%), Manganese: 0.05mg (2.6%), Potassium: 75.18mg (2.15%), Fiber: 0.52g (2.06%), Vitamin B12: 0.12µg (1.98%), Vitamin A: 96.04IU (1.92%), Vitamin K: 2µg (1.9%), Vitamin B1: 0.03mg (1.72%), Magnesium: 6.6mg (1.65%), Vitamin B3: 0.33mg (1.63%), Selenium: 1.11µg (1.59%), Folate:

6.26µg (1.57%), Zinc: 0.22mg (1.47%), Copper: 0.03mg (1.46%), Vitamin B5: 0.14mg (1.43%), Iron: 0.25mg (1.36%)