



## Dark Chocolate Bark

12 Servings • 1 Serving = 1 Ounce

### INGREDIENTS

- 8 ounces 70-80% chocolate, chopped
- ½ cup pistachios, divided
- Optional: zest of 1 small orange
- ¼ cup dried figs
- ½ teaspoon fresh rosemary
- ¼ teaspoon ground cinnamon

### DIRECTIONS

1. Add water to a 2-quart saucepan and bring to a boil. Reduce heat to a simmer and cover with a heat-proof bowl. The bowl should sit snugly in the pan but should not touch the water. Line a baking sheet with wax paper.
2. Add the chocolate and allow to melt slowly.
3. Place the zest of the orange onto a paper towel to absorb any excess moisture.
4. Once the chocolate is melted, whisk with a spatula until all the pieces are completely smooth. Stir in half of the pistachios, orange zest, chopped figs, and all the cinnamon. Stir to combine, and then pour onto the lined baking sheet, smoothing out and spreading the mixture with a spatula. Sprinkle the remaining pistachios, orange zest, and dried figs on top.
5. Freeze for a 30 minutes or until very set.
6. Break into pieces and store in an airtight container in the refrigerator.

### Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1 ounce</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 26mg	<b>2%</b>
Iron 3mg	<b>15%</b>
Potassium 157mg	<b>4%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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