



Bread with Chocolate and Olive Oil



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



423 kcal

Ingredients



6 oz chocolate dark 60%



6 slices bread white country-style cut into 8 slices



0.3 cup olive oil extra virgin extra-virgin



0.5 tsp sea salt

Equipment



baking sheet



oven

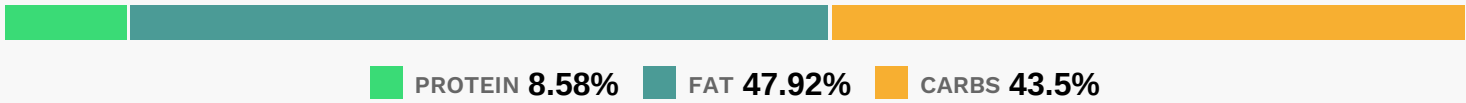


broiler

Directions

- ☐ Preheat the oven or boiler to approximately 325°F. Coarsely grate the chocolate onto a plate.
- ☐ Place the bread on a baking sheet or heatproof plate. Toast under the broiler until golden on both sides. Spoon the grated chocolate over the toast, covering it completely.
- ☐ Pour the olive oil over the chocolate and sprinkle with the salt flakes.
- ☐ Reprinted with permission from From The Family Meal: Home Cooking with Ferran Adrià by Ferran Adrià, (C) © 2011 Phaidon Press

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:27.89, Inflammation Score:-5, Nutrition Score:14.211304305688%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 423.17kcal (21.16%), Fat: 22.63g (34.82%), Saturated Fat: 8.52g (53.27%), Carbohydrates: 46.23g (15.41%), Net Carbohydrates: 41.73g (15.17%), Sugar: 9.76g (10.84%), Cholesterol: 0.85mg (0.28%), Sodium: 584.92mg (25.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 22.68mg (7.56%), Protein: 9.12g (18.24%), Manganese: 0.89mg (44.41%), Iron: 5.93mg (32.93%), Vitamin B1: 0.46mg (30.94%), Copper: 0.6mg (29.9%), Selenium: 20.23µg (28.9%), Magnesium: 85.12mg (21.28%), Folate: 78.72µg (19.68%), Fiber: 4.5g (17.99%), Vitamin B2: 0.3mg (17.38%), Vitamin B3: 3.38mg (16.92%), Phosphorus: 154.52mg (15.45%), Zinc: 1.6mg (10.7%), Vitamin E: 1.6mg (10.65%), Potassium: 277.71mg (7.93%), Vitamin K: 7.94µg (7.56%), Calcium: 54.19mg (5.42%), Vitamin B6: 0.08mg (3.96%), Vitamin B5: 0.33mg (3.32%), Vitamin B12: 0.08µg (1.32%)