



WHATSheATE



Cheese and Chocolate Bruschetta



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



399 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 olive oil with olive oil and grilled
- ☐ 0.3 pound round of président brie firm at room temperature
- ☐ 16 cherries pitted halved
- ☐ 16 large bittersweet chocolate (from a 3-oz. bar)

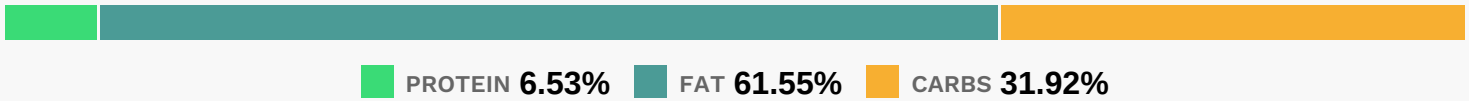
Equipment

- ☐ microwave
- ☐ peeler

Directions

- ☐ Slice cheese to fit baguette toasts and put 1 slice on each toast. Top each with 2 cherry halves and a chocolate curl.
- ☐ *To make chocolate curls, microwave chocolate bar with smooth side up in 5-second increments until slightly softened, about 20 seconds total. Pull a vegetable peeler across the bar.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:10.211304533741%

Flavonoids

Cyanidin: 4.83mg, Cyanidin: 4.83mg, Cyanidin: 4.83mg, Cyanidin: 4.83mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 399.34kcal (19.97%), Fat: 27.41g (42.17%), Saturated Fat: 15.09g (94.29%), Carbohydrates: 31.98g (10.66%), Net Carbohydrates: 27.16g (9.88%), Sugar: 22.67g (25.19%), Cholesterol: 17.53mg (5.84%), Sodium: 94.8mg (4.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 48.16mg (16.05%), Protein: 6.55g (13.09%), Manganese: 0.76mg (37.9%), Copper: 0.71mg (35.56%), Magnesium: 103.15mg (25.79%), Iron: 3.68mg (20.44%), Fiber: 4.82g (19.26%), Phosphorus: 175.61mg (17.56%), Zinc: 1.83mg (12.22%), Potassium: 374.61mg (10.7%), Selenium: 6.76µg (9.66%), Calcium: 62.9mg (6.29%), Vitamin B2: 0.11mg (6.26%), Vitamin K: 5.9µg (5.62%), Vitamin B12: 0.33µg (5.58%), Vitamin E: 0.66mg (4.42%), Vitamin B6: 0.06mg (3.01%), Vitamin B5: 0.3mg (2.98%), Vitamin B3: 0.55mg (2.74%), Folate: 9.85µg (2.46%), Vitamin A: 122.15IU (2.44%), Vitamin B1: 0.03mg (2.14%), Vitamin C: 1.12mg (1.36%)