



Chocolate and Sea Salt Crostini

 Vegetarian  Vegan  Dairy Free

READY IN



11 min.

SERVINGS



12

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces chocolate dark
- 12 servings olive oil extra virgin
- 1 baguette french cut into diagonal 1/2 inch slices
- 1 tablespoon sea salt flaked

Equipment

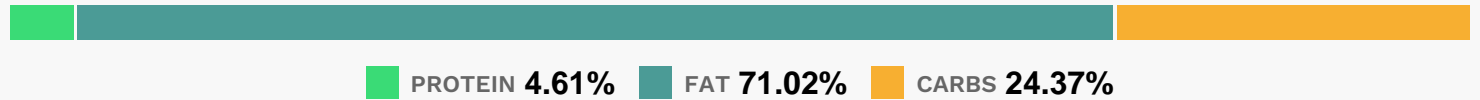
- baking sheet
- baking paper
- oven

broiler

Directions

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Line a baking sheet with parchment paper or a silicone baking mat.
- Arrange baguette slices in a single layer on the baking sheet.
- Place under broiler until golden, 2 minutes. Turn each slice over and broil 2 minutes. Turn off broiler.
- Turn each slice over again; drizzle with olive oil. Push chocolate piece into the center of each slice and return baking sheet to oven for 2 more minutes.
- Remove from oven and lightly sprinkle each chocolate piece with sea salt.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:7.64, Inflammation Score:-2, Nutrition Score:5.0734782274003%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 234.23kcal (11.71%), Fat: 18.6g (28.61%), Saturated Fat: 4.36g (27.25%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 12.89g (4.69%), Sugar: 3.24g (3.6%), Cholesterol: 0.28mg (0.09%), Sodium: 712.29mg (30.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.56mg (2.52%), Protein: 2.71g (5.43%), Vitamin E: 2.13mg (14.21%), Manganese: 0.28mg (14.11%), Iron: 1.93mg (10.7%), Copper: 0.19mg (9.63%), Vitamin K: 9.74µg (9.28%), Vitamin B1: 0.12mg (8.3%), Magnesium: 26.98mg (6.74%), Selenium: 4.23µg (6.04%), Fiber: 1.47g (5.87%), Folate: 22.29µg (5.57%), Vitamin B3: 1.05mg (5.23%), Phosphorus: 48.9mg (4.89%), Vitamin B2: 0.07mg (4.37%), Zinc: 0.48mg (3.19%), Calcium: 29.27mg (2.93%), Potassium: 93.66mg (2.68%), Vitamin B6: 0.03mg (1.26%), Vitamin B5: 0.12mg (1.18%)