



Chocolate Bruschetta

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 0.5 ounce baguette french cut
- ☐ 2.5 ounces bittersweet chocolate finely chopped
- ☐ 0.1 teaspoon salt

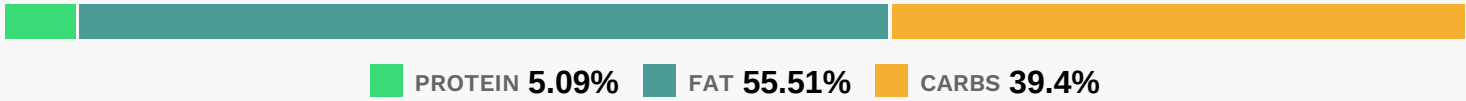
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Lightly coat bread with cooking spray.
- ☐ Place bread on a baking sheet; broil 2 minutes on each side or until toasted.
- ☐ Remove from oven.
- ☐ Reduce oven temperature to 35
- ☐ Sprinkle chocolate evenly over bread slices.
- ☐ Bake 4 minutes or until chocolate melts.
- ☐ Sprinkle evenly with salt.
- ☐ Garnish with orange rind, if desired.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:1.17, Inflammation Score:0, Nutrition Score:3.0378260742063%

Nutrients (% of daily need)

Calories: 111.77kcal (5.59%), Fat: 6.88g (10.59%), Saturated Fat: 3.92g (24.52%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 9.5g (3.45%), Sugar: 6.67g (7.41%), Cholesterol: 1.06mg (0.35%), Sodium: 96.34mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.24mg (5.08%), Protein: 1.42g (2.84%), Manganese: 0.25mg (12.57%), Copper: 0.23mg (11.27%), Magnesium: 32.11mg (8.03%), Iron: 1.24mg (6.9%), Fiber: 1.49g (5.97%), Phosphorus: 49.43mg (4.94%), Zinc: 0.5mg (3.32%), Potassium: 104.87mg (3%), Selenium: 2.1µg (3%), Vitamin B1: 0.03mg (1.75%), Vitamin B3: 0.31mg (1.55%), Calcium: 14.75mg (1.48%), Vitamin K: 1.38µg (1.32%), Vitamin B2: 0.02mg (1.18%)