



Chocolate Raspberry Bruschetta

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



1514 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon almonds toasted sliced
- 16 crusty baguette thick
- 8.8 oz chocolate dark cut into 1/2-in. pieces
- 1 tablespoon mint leaves fresh thinly sliced
- 4 ounces raspberries
- 4 teaspoons butter unsalted

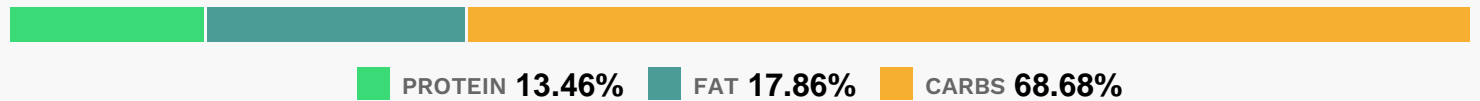
Equipment

- frying pan

Directions

- Spread a little butter onto each side of bread. Cook in a large frying pan over medium-high heat until warm and toasted, turning once, 8 to 10 minutes total.
- Set a piece of chocolate on center of each toast. Cover and remove from heat.
- Let sit until chocolate is melted, 5 minutes.
- Transfer to a serving plate and top with raspberries, mint, and almonds.

Nutrition Facts



Properties

Glycemic Index:16.34, Glycemic Load:167.75, Inflammation Score:-9, Nutrition Score:49.123478443726%

Flavonoids

Cyanidin: 6.52mg, Cyanidin: 6.52mg, Cyanidin: 6.52mg, Cyanidin: 6.52mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 1514.45kcal (75.72%), Fat: 29.69g (45.68%), Saturated Fat: 11.69g (73.08%), Carbohydrates: 256.86g (85.62%), Net Carbohydrates: 241.84g (87.94%), Sugar: 31.61g (35.13%), Cholesterol: 6.31mg (2.1%), Sodium: 3096.86mg (134.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.95mg (8.32%), Protein: 50.36g (100.72%), Vitamin B1: 2.93mg (195.22%), Manganese: 3.06mg (152.92%), Folate: 539.31µg (134.83%), Selenium: 88.23µg (126.04%), Iron: 21.14mg (117.43%), Vitamin B3: 23.17mg (115.85%), Vitamin B2: 1.65mg (97.15%), Fiber: 15.03g (60.11%), Copper: 1.18mg (59.19%), Phosphorus: 582.23mg (58.22%), Calcium: 556.79mg (55.68%),

Magnesium: 208.14mg (52.04%), Zinc: 5.09mg (33.93%), Vitamin B6: 0.54mg (27.11%), Potassium: 877.69mg (25.08%), Vitamin B5: 2.08mg (20.78%), Vitamin K: 18.56µg (17.67%), Vitamin E: 2.14mg (14.24%), Vitamin C: 3.91mg (4.74%), Vitamin A: 105.88IU (2.12%), Vitamin B12: 0.09µg (1.53%)