



## Curiously Citrus Chocolate Toast

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



316 kcal

### Ingredients

- 1 tablespoon chocolate-hazelnut spread (such as Nutella)
- 1 slice top french
- 1 serving orange segments fresh
- 1 serving sea salt

### Equipment

### Directions

Spread chocolate-hazelnut spread on French bread. Top with orange segments; sprinkle with sea salt.

## Nutrition Facts



**PROTEIN 10.92%** **FAT 20.06%** **CARBS 69.02%**

### Properties

Glycemic Index:152.33, Glycemic Load:32.29, Inflammation Score:-6, Nutrition Score:14.424347973388%

### Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

### Nutrients (% of daily need)

Calories: 316.1kcal (15.8%), Fat: 7.15g (11%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 55.38g (18.46%), Net Carbohydrates: 50.81g (18.48%), Sugar: 21.36g (23.74%), Cholesterol: 0mg (0%), Sodium: 586.66mg (25.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.52%), Vitamin C: 47.88mg (58.04%), Vitamin B1: 0.55mg (36.56%), Selenium: 19.42µg (27.74%), Folate: 108.31µg (27.08%), Manganese: 0.52mg (25.95%), Vitamin B2: 0.34mg (20.04%), Iron: 3.4mg (18.91%), Fiber: 4.57g (18.27%), Vitamin B3: 3.42mg (17.09%), Copper: 0.22mg (11.23%), Phosphorus: 107.92mg (10.79%), Magnesium: 41.33mg (10.33%), Potassium: 313.11mg (8.95%), Calcium: 89.38mg (8.94%), Vitamin E: 1.21mg (8.09%), Vitamin B6: 0.14mg (6.88%), Zinc: 0.93mg (6.17%), Vitamin B5: 0.5mg (5.05%), Vitamin A: 203.05IU (4.06%)