



Fried Bittersweet Chocolate Bread

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



121 kcal

Ingredients

- ☐ 8 inch crusty baguette
- ☐ 3 ounce chocolate bar 70% (no more than cacao if marked)
- ☐ 0.3 cup butter unsalted softened

Equipment

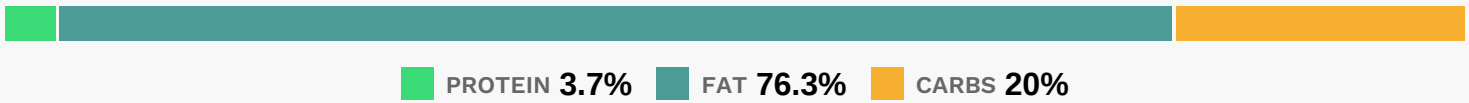
- ☐ frying pan

Directions

- ☐ Generously butter 1 side of each baguette slice.

- ☐
- Place 8 slices, buttered sides down, on a work surface and cover each slice with chocolate, leaving a 1/4-inch border around edge. Top with remaining 8 slices, buttered sides up, to make 8 sandwiches.
- ☐
- Heat a dry 12-inch heavy skillet (not nonstick) over moderate heat until hot but not smoking, then fry 4 sandwiches, turning over once, until golden, 3 to 4 minutes total.
- ☐
- Transfer sandwiches to a plate and wipe skillet clean. Fry remaining sandwiches in same manner.
- ☐
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.84, Glycemic Load:1.69, Inflammation Score:-2, Nutrition Score:2.7721739372481%

Nutrients (% of daily need)

Calories: 121.01kcal (6.05%), Fat: 10.36g (15.93%), Saturated Fat: 6.26g (39.13%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 4.89g (1.78%), Sugar: 2.67g (2.97%), Cholesterol: 15.57mg (5.19%), Sodium: 18.6mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.5mg (2.83%), Protein: 1.13g (2.26%), Manganese: 0.22mg (10.96%), Copper: 0.19mg (9.6%), Iron: 1.35mg (7.52%), Magnesium: 25.04mg (6.26%), Fiber: 1.21g (4.85%), Phosphorus: 36.86mg (3.69%), Vitamin A: 181.42IU (3.63%), Zinc: 0.38mg (2.52%), Potassium: 80.86mg (2.31%), Selenium: 1.23µg (1.76%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.35µg (1.28%), Vitamin B1: 0.02mg (1.25%), Calcium: 12.13mg (1.21%), Vitamin B3: 0.23mg (1.15%), Vitamin B2: 0.02mg (1.11%)