



Grilled Chocolate Sweetheart

 Vegetarian

READY IN



7 min.

SERVINGS



1

CALORIES



411 kcal

SIDE DISH

Ingredients

- 3 teaspoons butter melted
- 0.8 oz chocolate squares
- 1 serving powdered sugar
- 1 serving garnish: raspberries
- 2 slices bread white

Equipment

- frying pan

Directions

- Place chocolate squares between 2 white bread slices; brush both sides of sandwich with 1 1/2 tsp. melted butter. Cook in a hot nonstick skillet over medium-high heat 30 to 60 seconds on each side or until chocolate is melted and bread is golden brown. Dust with powdered sugar.
- Garnish with raspberries, if desired.
- Cut bread into heart or other desired shape before filling with chocolate and cooking.
- For testing purposes, we used thin squares that would melt quickly and evenly, such as Ghirardelli 60% Cacao SQUARES Dark Chocolate, Ghirardelli Milk Chocolate With Caramelized Almonds SQUARES, and Lindt Excellence 70% Cocoa Dark Chocolate Extra Fine Squares.
- Other good fillings include raspberry jam, marshmallow cream, toasted pecans, peanut butter, and sliced bananas.

Nutrition Facts

PROTEIN 7.44% **FAT 51.31%** **CARBS 41.25%**

Properties

Glycemic Index:150.78, Glycemic Load:18.38, Inflammation Score:-7, Nutrition Score:17.554782531832%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 14.46mg, Catechin: 14.46mg, Catechin: 14.46mg, Catechin: 14.46mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 32.27mg, Epicatechin: 32.27mg, Epicatechin: 32.27mg, Epicatechin: 32.27mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 411.39kcal (20.57%), Fat: 25.47g (39.19%), Saturated Fat: 15.01g (93.82%), Carbohydrates: 46.08g (15.36%), Net Carbohydrates: 37.5g (13.64%), Sugar: 13.35g (14.83%), Cholesterol: 32.25mg (10.75%), Sodium: 340.81mg (14.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.01mg (5.67%), Protein: 8.31g (16.61%),

Manganese: 1.58mg (79.22%), Copper: 0.8mg (40.2%), Fiber: 8.58g (34.32%), Iron: 5.8mg (32.23%), Magnesium: 96.53mg (24.13%), Vitamin B1: 0.3mg (20.31%), Selenium: 13.64µg (19.49%), Vitamin C: 15.72mg (19.05%), Folate: 74.5µg (18.63%), Zinc: 2.75mg (18.36%), Phosphorus: 162.55mg (16.25%), Vitamin B3: 3.03mg (15.17%), Calcium: 145.65mg (14.57%), Vitamin B2: 0.17mg (10.04%), Potassium: 329.34mg (9.41%), Vitamin A: 395.15IU (7.9%), Vitamin K: 7.89µg (7.52%), Vitamin E: 1.07mg (7.1%), Vitamin B5: 0.52mg (5.18%), Vitamin B6: 0.09mg (4.26%)