



Banana-Chocolate French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 ounces banana thinly sliced
- 2 teaspoons canola oil
- 4.5 tablespoons nutella (such as Nutella)
- 2 large eggs lightly beaten
- 0.3 cup milk 1% low-fat
- 9 ounce bread
- 1.5 teaspoons powdered sugar
- 0.1 teaspoon salt

- 0.5 teaspoon sugar
- 0.8 teaspoon vanilla extract

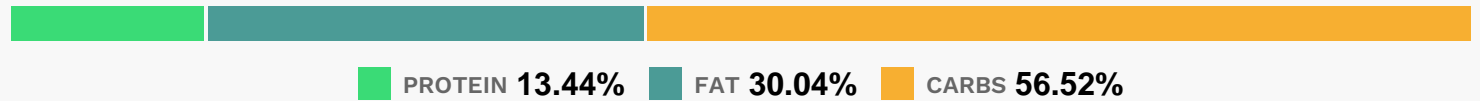
Equipment

- frying pan

Directions

- Combine first 5 ingredients in a shallow dish.
- Spread each of 3 bread slices with 1 1/2 tablespoons hazelnut–chocolate spread; arrange 1/3 cup banana slices over each bread slice. Top sandwiches with remaining 3 bread slices.
- Heat oil in a large nonstick skillet over medium–high heat. Working with 1 sandwich at a time, place into milk mixture, turning gently to coat both sides. Carefully place coated sandwiches into pan. Cook 2 minutes on each side or until lightly browned.
- Cut each sandwich into 4 triangles.
- Sprinkle evenly with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:55.97, Glycemic Load:26.6, Inflammation Score:-5, Nutrition Score:17.837391314299%

Flavonoids

Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 391.43kcal (19.57%), Fat: 13.15g (20.23%), Saturated Fat: 7.45g (46.59%), Carbohydrates: 55.69g (18.56%), Net Carbohydrates: 49.27g (17.92%), Sugar: 23.12g (25.69%), Cholesterol: 93.74mg (31.25%), Sodium: 410.15mg (17.83%), Alcohol: 0.26g (100%), Alcohol %: 0.18% (100%), Protein: 13.24g (26.48%), Manganese: 1.71mg (85.25%), Selenium: 25.77µg (36.81%), Fiber: 6.43g (25.7%), Phosphorus: 244.07mg (24.41%), Vitamin B6: 0.41mg (20.72%), Magnesium: 82.61mg (20.65%), Vitamin B1: 0.3mg (20.21%), Vitamin B2: 0.32mg (18.74%), Iron: 3.13mg (17.4%),

Vitamin B3: 3.33mg (16.65%), Calcium: 162.01mg (16.2%), Copper: 0.3mg (15.24%), Potassium: 506.26mg (14.46%),
Vitamin E: 2.05mg (13.66%), Folate: 53.09µg (13.27%), Zinc: 1.82mg (12.1%), Vitamin B5: 1.14mg (11.38%), Vitamin K:
7.17µg (6.83%), Vitamin B12: 0.37µg (6.14%), Vitamin C: 4.93mg (5.98%), Vitamin D: 0.66µg (4.41%), Vitamin A:
202.74IU (4.05%)