



Cardamom and Orange Panettone Toast



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

Ingredients

- ☐ 2 teaspoons orange zest grated
- ☐ 0.5 inch bacon
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

Equipment

- ☐ oven

Directions

- ☐ tablespoons sugar

- ☐
- teaspoon ground cardamom
- ☐
- Remove panettone from oven, spread 1 side of each slice with butter mixture, then press into sugar mixture.
- ☐
- Bake until topping bubbles, about 4 minutes.

Nutrition Facts

PROTEIN 0.56%

FAT 98.92%

CARBS 0.52%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:0.91043479465272%

Nutrients (% of daily need)

Calories: 137.16kcal (6.86%), Fat: 15.43g (23.74%), Saturated Fat: 9.75g (60.91%), Carbohydrates: 0.18g (0.06%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.01g (0.01%), Cholesterol: 40.81mg (13.6%), Sodium: 3.5mg (0.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin A: 475.61IU (9.51%), Vitamin E: 0.44mg (2.94%), Vitamin D: 0.28µg (1.9%), Vitamin K: 1.32µg (1.26%), Vitamin C: 0.91mg (1.1%)