



Chocolate French Toast Panini



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serving pam original flavor shopping list
- ☐ 0.8 cup nutella with cocoa
- ☐ 12 slices bread french (1/)
- ☐ 0.5 cup hazelnuts toasted chopped (filberts)
- ☐ 2 eggs
- ☐ 1 teaspoon vanilla
- ☐ 1 serving powdered sugar
- ☐ 1 cup frangelico

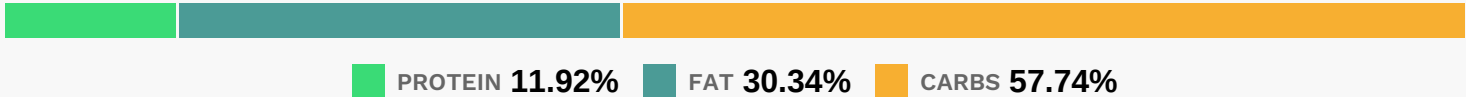
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Spray closed medium-size contact grill with cooking spray; heat for 5 minutes.
- ☐ Spread 1 tablespoon hazelnut spread over 1 side of each bread slice.
- ☐ Sprinkle 6 slices evenly with hazelnuts. Top each with second bread slice, making 6 sandwiches.
- ☐ In shallow bowl or pie plate, beat half-and-half, eggs and vanilla until well blended.
- ☐ Dip 3 of the sandwiches into egg mixture, turning to coat both sides. When grill is heated, place sandwiches on grill. Close grill; cook 2 to 3 minutes or until golden. Repeat with remaining sandwiches.
- ☐ Sprinkle with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:57.59, Inflammation Score:-6, Nutrition Score:24.405217424683%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 641.3kcal (32.06%), Fat: 21.72g (33.42%), Saturated Fat: 12.23g (76.46%), Carbohydrates: 93.03g (31.01%), Net Carbohydrates: 87.21g (31.71%), Sugar: 28.04g (31.16%), Cholesterol: 54.56mg (18.19%), Sodium: 806.86mg (35.08%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 19.2g (38.4%), Manganese: 1.62mg (80.97%), Vitamin B1: 1.01mg (67.39%), Selenium: 42.71µg (61.01%), Folate: 180.88µg (45.22%), Iron: 7.38mg (40.98%), Vitamin

B2: 0.69mg (40.56%), Vitamin B3: 6.52mg (32.62%), Copper: 0.55mg (27.68%), Vitamin E: 3.78mg (25.22%), Phosphorus: 249.48mg (24.95%), Fiber: 5.81g (23.24%), Magnesium: 83.1mg (20.78%), Zinc: 2.16mg (14.43%), Calcium: 126.76mg (12.68%), Vitamin B6: 0.25mg (12.46%), Potassium: 391.64mg (11.19%), Vitamin B5: 0.88mg (8.78%), Vitamin B12: 0.23µg (3.86%), Vitamin K: 3.07µg (2.93%), Vitamin D: 0.29µg (1.96%), Vitamin A: 82.32IU (1.65%)