



Chocolate French Toast Panini

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup nutella with cocoa
- ☐ 2 eggs
- ☐ 12 slices bread french (1/)
- ☐ 1 cup half and half
- ☐ 0.5 cup hazelnuts toasted chopped (filberts)
- ☐ 6 servings powdered sugar
- ☐ 1 teaspoon vanilla

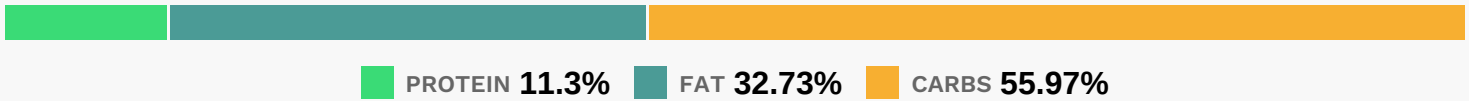
Equipment

- ☐ 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:-7, Nutrition Score:25.618260818979%

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: 719.93kcal (36%), Fat: 26.35g (40.54%), Saturated Fat: 15.07g (94.17%), Carbohydrates: 101.41g (33.8%), Net Carbohydrates: 95.6g (34.76%), Sugar: 36.23g (40.25%), Cholesterol: 68.68mg (22.89%), Sodium: 831.59mg (36.16%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 20.46g (40.93%), Manganese: 1.62mg (81%), Vitamin B1: 1.02mg (68.2%), Selenium: 44.04µg (62.91%), Folate: 182.09µg (45.52%), Vitamin B2: 0.77mg (45.24%), Iron: 7.4mg (41.11%), Vitamin B3: 6.57mg (32.84%), Phosphorus: 287.8mg (28.78%), Copper: 0.56mg (27.88%), Vitamin E: 3.88mg (25.89%), Fiber: 5.81g (23.24%), Magnesium: 87.13mg (21.78%), Calcium: 169.98mg (17%), Zinc: 2.32mg (15.48%), Vitamin B6: 0.27mg (13.46%), Potassium: 445.01mg (12.71%), Vitamin B5: 0.99mg (9.95%), Vitamin

B12: 0.31µg (5.14%), Vitamin A: 225.1IU (4.5%), Vitamin K: 3.6µg (3.43%), Vitamin D: 0.29µg (1.96%), Vitamin C: 0.99mg (1.2%)