



Chocolate Hazelnut Stuffed French Toast

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



415 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.5 inch challah bread thick
- ☐ 8 tablespoons nutella divided
- ☐ 4 large eggs lightly beaten
- ☐ 4 servings powdered sugar for serving
- ☐ 1 pinch salt
- ☐ 1 cup milk whole

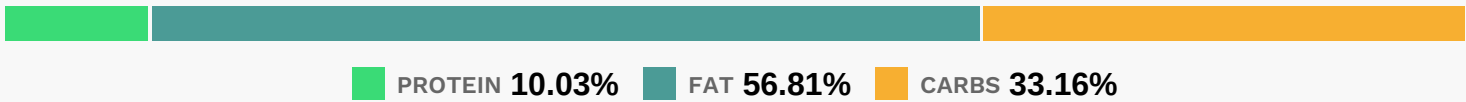
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, whisk the eggs, milk and salt. Working in batches, melt some of the butter in a large nonstick skillet over moderately-high heat. Dip the bread slices in the egg mixture and quickly transfer to the skillet. Cook 2 slices of the bread until golden brown, and then flip over and cook until golden brown on the other side.
- ☐ Spread 2 tablespoons of the chocolate hazelnut spread on 1 piece of the bread, and place the other piece of cooked bread on top to enclose the chocolate hazelnut spread. Gently press down with a spatula so the pieces stick together. Repeat with the remaining ingredients.
- ☐ Serve with grade B maple syrup or powered sugar.
- ☐ BYOC: A beautiful and tasty garnish would be toasted chopped hazelnuts. Also, bananas, strawberries or blueberries would be delicious as well. Go ahead and make a fruit sauce to go with it for mom on Mother's Day. She will absolutely adore the sauce and you.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:7.27, Inflammation Score:-4, Nutrition Score:10.996086882508%

Nutrients (% of daily need)

Calories: 414.85kcal (20.74%), Fat: 26.23g (40.35%), Saturated Fat: 18.61g (116.31%), Carbohydrates: 34.44g (11.48%), Net Carbohydrates: 32.43g (11.79%), Sugar: 30.93g (34.37%), Cholesterol: 216.06mg (72.02%), Sodium: 187.92mg (8.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Selenium: 18.09µg (25.84%), Vitamin B2: 0.38mg (22.47%), Phosphorus: 219.71mg (21.97%), Vitamin E: 2.64mg (17.57%), Manganese: 0.34mg (16.98%), Vitamin B12: 0.89µg (14.87%), Calcium: 145.89mg (14.59%), Iron: 2.51mg (13.96%), Vitamin A: 632.99IU (12.66%), Vitamin B5: 1.14mg (11.39%), Vitamin D: 1.67µg (11.15%), Copper: 0.21mg (10.56%), Magnesium: 37.27mg (9.32%), Potassium: 314.14mg (8.98%), Zinc: 1.3mg (8.67%), Fiber: 2.01g (8.02%), Vitamin B6: 0.15mg (7.65%), Folate: 29.33µg (7.33%), Vitamin B1: 0.09mg (5.84%), Vitamin K: 1.77µg (1.69%), Vitamin B3: 0.28mg (1.4%)