



Chocolate-Stuffed French Toast

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



567 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup butter softened
- 2 tablespoons powdered sugar
- 1 tablespoon orange zest grated
- 1 cup milk
- 1 tablespoon vanilla
- 1 teaspoon orange zest grated
- 1 tablespoon orange juice fresh
- 4 eggs

- 6 slices bread french ()
- 6 tablespoons nutella with cocoa
- 2 tablespoons butter
- 1 serving powdered sugar
- 1 serving nutella with cocoa, if desired
- 0.3 cup frangelico

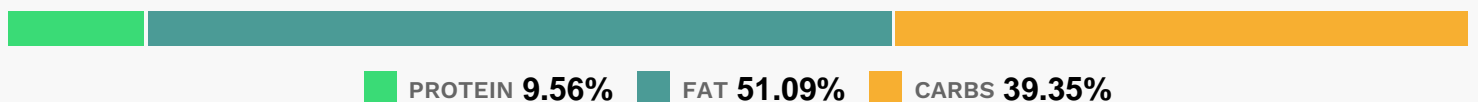
Equipment

- bowl
- frying pan
- whisk
- wooden spoon

Directions

- In small bowl, stir orange butter ingredients with wooden spoon until blended. Cover; refrigerate until serving time.
- In shallow dish, stir milk, Bisquick mix, vanilla, 1 teaspoon orange peel, the orange juice and eggs with fork or whisk until blended. In each slice of bread, cut 3-inch pocket through top crust.
- Spread 1 tablespoon hazelnut spread in each pocket.
- Heat griddle or skillet over medium heat (350°F); melt 2 tablespoons butter on griddle. Dip bread in egg mixture, coating both sides.
- Place bread on hot griddle; cook about 4 minutes, turning once, until golden brown.
- Sprinkle French toast with additional powdered sugar; top with additional hazelnut spread.
- Serve with orange butter.

Nutrition Facts



Properties

Glycemic Index:54.86, Glycemic Load:30.61, Inflammation Score:-6, Nutrition Score:15.616521669471%

Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 566.84kcal (28.34%), Fat: 32.1g (49.39%), Saturated Fat: 21.14g (132.13%), Carbohydrates: 55.63g (18.54%), Net Carbohydrates: 52.74g (19.18%), Sugar: 22.78g (25.31%), Cholesterol: 164.7mg (54.9%), Sodium: 604.48mg (26.28%), Alcohol: 0.75g (100%), Alcohol %: 0.49% (100%), Protein: 13.52g (27.04%), Selenium: 29.25µg (41.78%), Vitamin B1: 0.52mg (34.36%), Vitamin B2: 0.52mg (30.49%), Manganese: 0.56mg (28.24%), Folate: 97.92µg (24.48%), Iron: 4.12mg (22.9%), Phosphorus: 210.4mg (21.04%), Vitamin A: 825.63IU (16.51%), Vitamin B3: 3.3mg (16.49%), Vitamin E: 2.24mg (14.92%), Calcium: 134.76mg (13.48%), Copper: 0.24mg (11.94%), Fiber: 2.89g (11.55%), Magnesium: 46mg (11.5%), Zinc: 1.5mg (10.01%), Vitamin B12: 0.59µg (9.79%), Vitamin B5: 0.94mg (9.42%), Potassium: 294.19mg (8.41%), Vitamin B6: 0.17mg (8.41%), Vitamin D: 1.03µg (6.89%), Vitamin C: 3.23mg (3.92%), Vitamin K: 2.78µg (2.65%)