



Chocolate-Stuffed French Toast

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



759 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 slices bread french ()
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons butter
- ☐ 6 servings nutella with cocoa, if desired
- ☐ 6 tablespoons nutella with cocoa
- ☐ 4 eggs
- ☐ 1 cup milk
- ☐ 1 tablespoon orange juice fresh

- ☐ 1 tablespoon orange zest grated
- ☐ 1 teaspoon orange zest grated
- ☐ 2 tablespoons powdered sugar
- ☐ 6 servings powdered sugar
- ☐ 1 tablespoon vanilla
- ☐ 0.3 cup frangelico
- ☐ 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 (350F); 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



 **PROTEIN 8.01%**  **FAT 48.98%**  **CARBS 43.01%**

Properties

Glycemic Index:54.86, Glycemic Load:35.76, Inflammation Score:-7, Nutrition Score:18.935652048691%

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: 758.97kcal (37.95%), Fat: 41.26g (63.48%), Saturated Fat: 29.9g (186.86%), Carbohydrates: 81.52g (27.17%), Net Carbohydrates: 76.97g (27.99%), Sugar: 45.95g (51.06%), Cholesterol: 164.7mg (54.9%), Sodium: 617.26mg (26.84%), Alcohol: 0.75g (100%), Alcohol %: 0.41% (100%), Caffeine: 3.88mg (1.29%), Protein: 15.19g (30.37%), Selenium: 30.4µg (43.42%), Manganese: 0.83mg (41.64%), Vitamin B1: 0.54mg (36.11%), Vitamin B2: 0.57mg (33.64%), Iron: 5.48mg (30.43%), Phosphorus: 257.27mg (25.73%), Folate: 102.23µg (25.56%), Vitamin E: 3.77mg (25.11%), Copper: 0.38mg (19.19%), Fiber: 4.55g (18.21%), Vitamin B3: 3.43mg (17.14%), Calcium: 168.13mg (16.81%), Vitamin A: 826.56IU (16.53%), Magnesium: 65.74mg (16.43%), Zinc: 1.83mg (12.19%), Potassium: 419.82mg (11.99%), Vitamin B12: 0.67µg (11.18%), Vitamin B5: 1.05mg (10.52%), Vitamin B6: 0.19mg (9.67%), Vitamin D: 1.03µg (6.89%), Vitamin C: 3.23mg (3.92%), Vitamin K: 3.37µg (3.21%)