



Fieri - 4

 Vegetarian

READY IN

ready

14 min.

SERVINGS

servings

4

CALORIES

calories

414 kcal

SIDE DISH

Ingredients

- ☐ 2 bananas very thinly sliced
- ☐ 2 inch bread thick
- ☐ 4 tablespoons butter
- ☐ 3 ounces cream cheese room temperature
- ☐ 2 eggs beaten
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 4 servings maple syrup

- ☐ 1.5 cups milk
- ☐ 0.3 cup powdered sugar
- ☐ 1 cup strawberries very thinly sliced
- ☐ 0.5 teaspoon vanilla extract

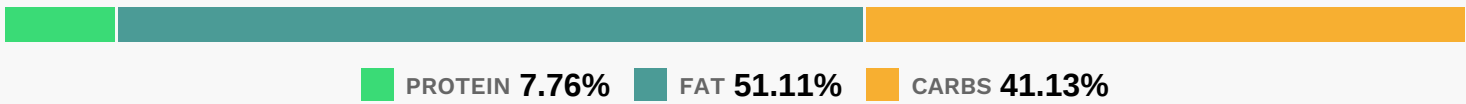
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine milk, eggs, nutmeg, cinnamon and vanilla in a shallow bowl. Set aside.
- ☐ For assembly, spread a thin layer of the cream cheese onto 1 side of the bread slices. Top half the slices with the fruit.
- ☐ Place another piece of bread on top, cream cheese side down, creating a sandwich.
- ☐ Preheat a griddle to 350 degrees F. Lightly brush with the butter.
- ☐ Give the milk mixture a quick stir, and dip the sandwiches into the batter, coating all sides.
- ☐ Place on the griddle. Cook for 3 to 4 minutes per side, then turn on the edges and cook to brown evenly.
- ☐ To serve, slice sandwiches in half on the diagonal and transfer to a serving platter.
- ☐ Sprinkle with powdered sugar and serve with maple syrup.

Nutrition Facts



Properties

Glycemic Index:94.99, Glycemic Load:14.55, Inflammation Score:-6, Nutrition Score:13.433913096138%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg,

Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 413.92kcal (20.7%), Fat: 24.07g (37.04%), Saturated Fat: 13.98g (87.37%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 41.21g (14.98%), Sugar: 33.72g (37.47%), Cholesterol: 144.39mg (48.13%), Sodium: 231.77mg (10.08%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 8.23g (16.46%), Manganese: 0.81mg (40.53%), Vitamin B2: 0.59mg (34.74%), Vitamin C: 26.31mg (31.89%), Vitamin A: 944.98IU (18.9%), Phosphorus: 185.59mg (18.56%), Calcium: 182.44mg (18.24%), Vitamin B6: 0.34mg (17.04%), Selenium: 11.61µg (16.59%), Potassium: 513.77mg (14.68%), Vitamin B12: 0.76µg (12.67%), Vitamin B5: 1.07mg (10.68%), Magnesium: 41.39mg (10.35%), Vitamin D: 1.45µg (9.64%), Fiber: 2.38g (9.54%), Folate: 34.25µg (8.56%), Vitamin B1: 0.11mg (7.42%), Zinc: 1.07mg (7.17%), Vitamin E: 0.95mg (6.35%), Iron: 0.8mg (4.43%), Copper: 0.09mg (4.39%), Vitamin B3: 0.76mg (3.8%), Vitamin K: 2.96µg (2.81%)