



French Toast Cups Topped with NUTELLA®

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup poached berries fresh (strawberries, blueberries and raspberries)
- ☐ 3 eggs
- ☐ 1 teaspoon granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup milk 2% low fat (or less M. F.)
- ☐ 6 slices grain bread whole
- ☐ 0.3 cup nutella
- ☐ 0.3 teaspoon orange zest

- ☐ 0.3 cup greek yogurt plain 2% low fat (or less M.F.)
- ☐ 1 teaspoon vanilla extract pure

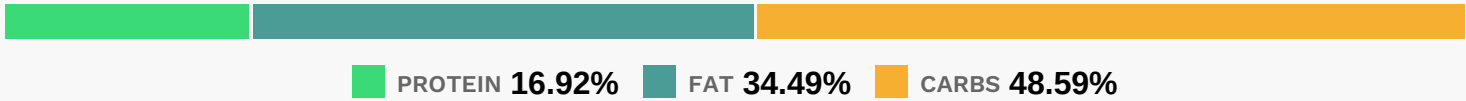
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Pre-heat oven to 350 degrees F (180 degrees C). Spray a 6-muffin, non-stick muffin tin with cooking spray.
- ☐ In a large bowl, whisk together eggs, milk, vanilla and cinnamon. Dip each slice of whole grain bread in the egg mixture one at a time, lightly coating both sides. Gently press each slice of bread into the muffin cups.
- ☐ Bake for 10 to 12 minutes or until muffin cups are cooked and golden.
- ☐ Remove from oven and let cool for 5 minutes.
- ☐ Meanwhile, in a small bowl, combine yogurt, sugar and orange zest.
- ☐ Divide the NUTELLA® equally between the 6 cups, spreading on the inside. Spoon in some orange yogurt and top with fresh berries.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:11.04, Inflammation Score:-3, Nutrition Score:10.866521762765%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg,

Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 227.3kcal (11.36%), Fat: 8.64g (13.3%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 24.25g (8.82%), Sugar: 14.21g (15.79%), Cholesterol: 84.04mg (28.01%), Sodium: 181.05mg (7.87%), Alcohol: 0.23g (100%), Alcohol %: 0.22% (100%), Protein: 9.54g (19.08%), Manganese: 0.87mg (43.64%), Selenium: 15.3µg (21.86%), Vitamin C: 14.23mg (17.25%), Phosphorus: 164.56mg (16.46%), Calcium: 133.54mg (13.35%), Vitamin B2: 0.22mg (13.11%), Fiber: 3.16g (12.63%), Iron: 1.95mg (10.81%), Magnesium: 41.72mg (10.43%), Vitamin B1: 0.16mg (10.35%), Vitamin E: 1.29mg (8.59%), Copper: 0.17mg (8.51%), Folate: 30.82µg (7.7%), Zinc: 1.12mg (7.45%), Vitamin B3: 1.46mg (7.3%), Vitamin B5: 0.73mg (7.27%), Potassium: 253.71mg (7.25%), Vitamin B6: 0.14mg (7.06%), Vitamin B12: 0.42µg (7.01%), Vitamin D: 0.76µg (5.1%), Vitamin A: 188.96IU (3.78%), Vitamin K: 3.18µg (3.02%)