



Fruity Toad in the Hole with NUTELLA®

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 2 eggs
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup milk
- ☐ 0.3 cup nutella
- ☐ 1 cup self-rising flour
- ☐ 1 teaspoon vanilla extract

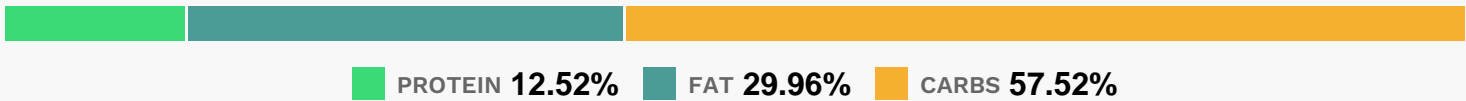
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ cake form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Coat an 8-inch (20 cm) square cake pan with cooking spray.
- ☐ Separate egg yolks and whites into large mixing bowls. Beat egg whites on medium speed until frothy. Beat in sugar slowly, until soft glossy peaks form.
- ☐ Whisk yolks, milk and vanilla, until well combined.
- ☐ Add flour and cinnamon all at once; stir until just combined. Slowly fold in half of the egg white mixture; fold in remaining whites being careful not to over mix and lose volume. Arrange half of the fruit in prepared pan.
- ☐ Spread batter over fruit and top with remaining fruit.
- ☐ Bake for 25 minutes or until top springs back when lightly touched.
- ☐ Let cool on rack for 5 to 8 minutes. To serve, spoon warm onto plates and top with a 1 tablespoon (15mL) dollop of NUTELLA®.

Nutrition Facts



Properties

Glycemic Index:52.36, Glycemic Load:23.1, Inflammation Score:-2, Nutrition Score:8.7500000448655%

Nutrients (% of daily need)

Calories: 309.15kcal (15.46%), Fat: 10.16g (15.63%), Saturated Fat: 7.23g (45.16%), Carbohydrates: 43.88g (14.63%), Net Carbohydrates: 41.85g (15.22%), Sugar: 19.36g (21.51%), Cholesterol: 89.16mg (29.72%), Sodium: 62.93mg (2.74%), Alcohol: 0.34g (100%), Alcohol %: 0.31% (100%), Protein: 9.55g (19.1%), Selenium: 21.05µg (30.07%), Manganese: 0.51mg (25.44%), Phosphorus: 164.36mg (16.44%), Vitamin B2: 0.24mg (13.98%), Calcium: 117.47mg (11.75%), Vitamin B12: 0.58µg (9.6%), Vitamin E: 1.33mg (8.85%), Iron: 1.53mg (8.52%), Copper: 0.16mg (8.2%), Fiber:

2.03g (8.11%), Vitamin B5: 0.77mg (7.71%), Magnesium: 30.19mg (7.55%), Vitamin D: 1.11µg (7.41%), Zinc: 1.01mg (6.73%), Potassium: 233.18mg (6.66%), Folate: 23.31µg (5.83%), Vitamin B1: 0.08mg (5.61%), Vitamin B6: 0.1mg (5.13%), Vitamin A: 220.28IU (4.41%), Vitamin B3: 0.48mg (2.42%)