



Fruity Toad in the Hole with NUTELLA®

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

Ingredients

- ☐ 2 eggs
- ☐ 2 cups fruits such as berries, sliced peaches, nectarines, bananas assorted soft
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup milk
- ☐ 0.3 cup nutella
- ☐ 1 cup self-rising flour
- ☐ 1 teaspoon vanilla extract

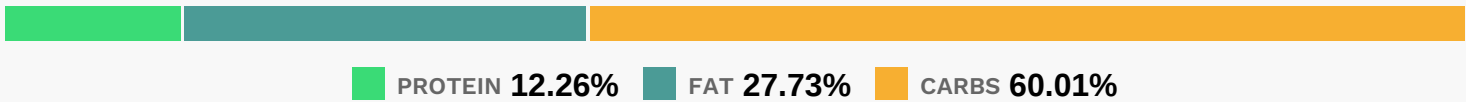
Equipment

- ☐ 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:63.11, Glycemic Load:25.46, Inflammation Score:-4, Nutrition Score:10.454782599988%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 337.04kcal (16.85%), Fat: 10.36g (15.94%), Saturated Fat: 7.23g (45.16%), Carbohydrates: 50.44g (16.81%), Net Carbohydrates: 47.34g (17.22%), Sugar: 25g (27.78%), Cholesterol: 89.16mg (29.72%), Sodium: 72.23mg (3.14%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Protein: 10.31g (20.62%), Selenium: 21.05µg (30.07%), Manganese: 0.55mg (27.37%), Phosphorus: 182.95mg (18.3%), Vitamin B2: 0.26mg (15.11%), Fiber: 3.1g (12.4%), Calcium: 118.9mg (11.89%), Vitamin E: 1.76mg (11.76%), Copper: 0.22mg (11.14%), Iron: 1.75mg (9.71%), Vitamin B12: 0.58µg (9.6%), Potassium: 326.84mg (9.34%), Magnesium: 36.63mg (9.16%), Vitamin A: 457.66IU (9.15%), Vitamin B5: 0.9mg (9.03%), Zinc: 1.16mg (7.73%), Vitamin D: 1.11µg (7.41%), Vitamin B1: 0.11mg (7.23%), Folate: 27.6µg (6.9%), Vitamin B3: 1.28mg (6.42%), Vitamin B6: 0.12mg (6.02%), Vitamin C: 2.09mg (2.54%), Vitamin K: 2.29µg (2.18%)