



## Grilled French Bread Dessert Sandwiches

READY IN



23 min.

SERVINGS



4

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bananas sliced
- 0.3 cup butter melted ()
- 4 tablespoons nutella divided flavored
- 8 slices bread french ()
- 4 tablespoons marshmallow crème divided
- 0.5 pint strawberries
- 3 tablespoons sugar
- 0.3 cup warm water

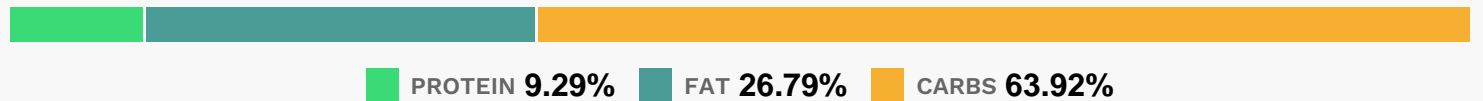
## Equipment

- bowl
- grill

## Directions

- Spray the grill rack with nonstick, nonflammable cooking spray. Preheat the grill to medium heat.
- In a small bowl, add the strawberries, sugar, and warm water. Set aside. The sugar will dissolve and create a syrup.
- Spread 1 side of half of the bread slices with about 1 tablespoon marshmallow creme.
- Spread 1 side of the remaining bread slices with about 1 tablespoon chocolate hazelnut spread.
- Place sliced bananas on top. Top each marshmallow creme bread slice with a chocolate hazelnut bread slice to make a sandwich.
- Brush the outsides of the sandwiches evenly with the melted butter.
- Grill the sandwiches until the bread is toasted and the marshmallow creme has melted, about 2 minutes per side.
- Drizzle with the strawberries and their syrup on top and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:81.18, Glycemic Load:68.46, Inflammation Score:-8, Nutrition Score:24.032173820164%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 674.17kcal (33.71%), Fat: 20.5g (31.54%), Saturated Fat: 13.3g (83.12%), Carbohydrates: 110.04g (36.68%), Net Carbohydrates: 103.51g (37.64%), Sugar: 38.67g (42.97%), Cholesterol: 30.5mg (10.17%), Sodium: 871.38mg (37.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.98g (31.97%), Vitamin B1: 0.96mg (63.85%), Manganese: 1.22mg (60.96%), Selenium: 38.3µg (54.71%), Vitamin C: 39.91mg (48.38%), Folate: 186.45µg (46.61%), Vitamin B2: 0.64mg (37.68%), Iron: 6.22mg (34.55%), Vitamin B3: 6.88mg (34.38%), Fiber: 6.53g (26.13%), Vitamin B6: 0.4mg (19.84%), Phosphorus: 193.1mg (19.31%), Magnesium: 76.85mg (19.21%), Copper: 0.36mg (17.94%), Potassium: 530.35mg (15.15%), Vitamin E: 1.75mg (11.64%), Zinc: 1.71mg (11.43%), Calcium: 102.89mg (10.29%), Vitamin A: 399.96IU (8%), Vitamin B5: 0.78mg (7.8%), Vitamin K: 3.84µg (3.65%), Vitamin B12: 0.07µg (1.23%)