

 **2%**
HEALTH SCORE

Nutella Stuffed French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



378 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 eggs
- 0.3 cup milk (I used 2%fat milk)
- 1 Tbsp sugar
- 0.5 tsp ground cinnamon
- 4 large slices bread stale
- 2 Tbsp nutella
- 2 servings butter for cooking
- 2 servings powdered sugar for sprinkling - 1tbsp

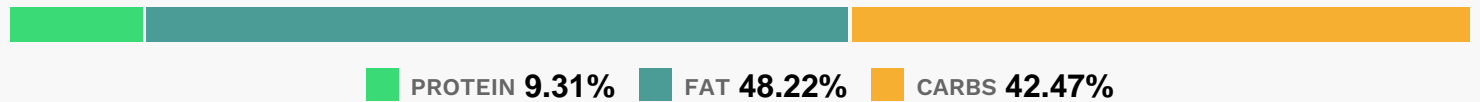
Equipment

- bowl
- frying pan
- knife

Directions

- In a deep large bowl, mix eggs, milk, sugar and cinnamon. Stir it using a fork and keep aside. Now coat nutella on one side of 2 toasts and then close both the toasts together by sandwiching the nutella sides in between. Soak the nutella stuffed toast in the egg mix and push it using a knife so it gets coated properly.
- Let it sit for 3–5 mins and then flip and let the other side gets coated too same way. Soak the sides as well. Once ready, cook it on a preheated pan with butter for around 5 minutes on each side until nicely browned but not burnt.
- Sprinkle some powdered sugar and serve with black coffee. Repeat for the next one in the same way.

Nutrition Facts



Properties

Glycemic Index:125.55, Glycemic Load:11.44, Inflammation Score:-3, Nutrition Score:9.8682608695652%

Nutrients (% of daily need)

Calories: 377.81kcal (18.89%), Fat: 20.32g (31.27%), Saturated Fat: 15.04g (93.99%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 37.84g (13.76%), Sugar: 35.55g (39.5%), Cholesterol: 178.09mg (59.36%), Sodium: 131.14mg (5.7%), Protein: 8.83g (17.66%), Manganese: 0.47mg (23.63%), Selenium: 16.15µg (23.07%), Vitamin B2: 0.32mg (18.57%), Phosphorus: 178.36mg (17.84%), Vitamin E: 2.45mg (16.32%), Iron: 2.53mg (14.03%), Calcium: 112.47mg (11.25%), Vitamin B12: 0.66µg (11.08%), Copper: 0.21mg (10.58%), Fiber: 2.42g (9.69%), Vitamin B5: 0.94mg (9.45%), Magnesium: 33.93mg (8.48%), Vitamin A: 415.03IU (8.3%), Vitamin D: 1.22µg (8.1%), Potassium: 264.16mg (7.55%), Zinc: 1.12mg (7.49%), Folate: 27.75µg (6.94%), Vitamin B6: 0.13mg (6.36%), Vitamin B1: 0.07mg (4.98%), Vitamin B3: 0.35mg (1.73%), Vitamin K: 1.58µg (1.5%)