



Peanut Butter-Chocolate French Toast

READY IN



25 min.

SERVINGS



8

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 Tbsp creamy peanut butter
- 3 eggs
- 1 dash ground cardamom
- 0.5 tsp ground cinnamon
- 1 Tbsp honey
- 1 cup milk
- 4 oz baker's semi-sweet chocolate
- 1.5 tsp sugar
- 0.5 tsp vanilla

- 0.3 cup whipping cream
- 16 slices bread white

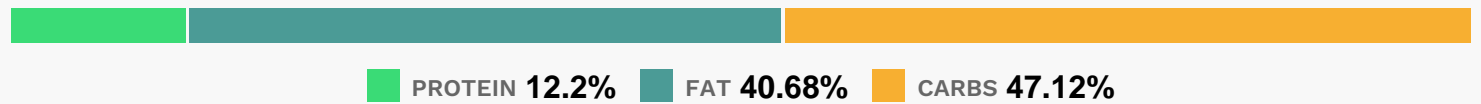
Equipment

- frying pan
- whisk

Directions

- Melt chocolate as directed on package.
- Add peanut butter, honey and spices; whisk until blended. Stir in cream; spread onto 8 bread slices. Cover with remaining bread slices; press edges together lightly to seal.
- Whisk remaining ingredients in shallow dish until blended.
- Heat large skillet sprayed with cooking spray on medium heat. Dip 4 sandwiches, 1 at a time, in egg mixture, turning to evenly moisten both sides of each.
- Add to skillet; cook 3 min. on each side or until golden brown on both sides. Repeat with remaining sandwiches.

Nutrition Facts



Properties

Glycemic Index:32.39, Glycemic Load:19.85, Inflammation Score:-5, Nutrition Score:11.429130443412%

Nutrients (% of daily need)

Calories: 320.34kcal (16.02%), Fat: 14.51g (22.32%), Saturated Fat: 6.73g (42.08%), Carbohydrates: 37.8g (12.6%), Net Carbohydrates: 35.23g (12.81%), Sugar: 13.02g (14.46%), Cholesterol: 74.29mg (24.76%), Sodium: 294.26mg (12.79%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 12.19mg (4.06%), Protein: 9.79g (19.58%), Manganese: 0.58mg (29.15%), Selenium: 18.85µg (26.93%), Vitamin B1: 0.29mg (19.25%), Phosphorus: 174.95mg (17.5%), Calcium: 169.78mg (16.98%), Folate: 67.05µg (16.76%), Iron: 2.97mg (16.49%), Vitamin B2: 0.27mg (15.74%), Vitamin B3: 3.09mg (15.43%), Copper: 0.27mg (13.52%), Magnesium: 51.58mg (12.89%), Fiber: 2.57g (10.28%), Zinc: 1.28mg (8.55%), Vitamin B5: 0.74mg (7.41%), Potassium: 239.63mg (6.85%), Vitamin B6: 0.12mg (5.94%), Vitamin B12: 0.35µg (5.82%), Vitamin E: 0.82mg (5.46%), Vitamin D: 0.78µg (5.23%), Vitamin A: 255.91IU (5.12%), Vitamin K: 1.56µg (1.49%)