



Peanut Butter, Nutella and Banana French Toast

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



772 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 banana
- ☐ 2 large eggs
- ☐ 1 tbsp milk
- ☐ 3 tbsp nutella
- ☐ 4 tbsp peanut butter
- ☐ 1 tablespoon vanilla extract
- ☐ 4 slices bread white

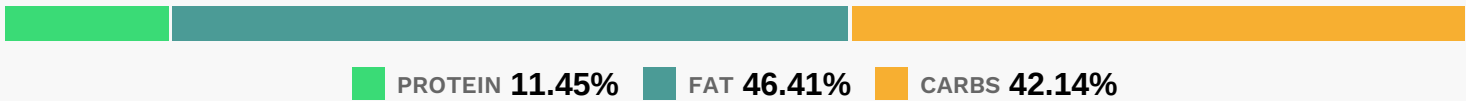
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk the eggs with the milk and vanilla extract and pour onto a plate.
- ☐ Make 2 sandwiches.
- ☐ Spread peanut butter on one slice, mash half a banana on top, on the other side spread nutella, sandwich together and press down firmly.
- ☐ Cut the sandwich in halves or quarters and dip in the egg before frying in a fairly hot pan, sprayed with a little oil, until crisp with an oozing centre.4,
- ☐ Serve immediately.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:105.44, Glycemic Load:34.26, Inflammation Score:-7, Nutrition Score:25.24826071055%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 772.41kcal (38.62%), Fat: 39.82g (61.27%), Saturated Fat: 21.18g (132.35%), Carbohydrates: 81.35g (27.12%), Net Carbohydrates: 74.14g (26.96%), Sugar: 44.57g (49.52%), Cholesterol: 186.9mg (62.3%), Sodium: 473.56mg (20.59%), Alcohol: 2.24g (100%), Alcohol %: 1.09% (100%), Caffeine: 3.88mg (1.29%), Protein: 22.11g (44.22%), Manganese: 1.44mg (71.77%), Selenium: 30.99µg (44.28%), Vitamin E: 6.37mg (42.44%), Phosphorus: 369.29mg (36.93%), Vitamin B3: 7.34mg (36.69%), Vitamin B2: 0.56mg (33.15%), Magnesium: 126.71mg (31.68%), Iron: 5.7mg (31.67%), Folate: 126.09µg (31.52%), Fiber: 7.22g (28.87%), Copper: 0.54mg (27.17%), Vitamin B6: 0.54mg (27.07%),

Vitamin B1: 0.39mg (25.87%), Calcium: 222.01mg (22.2%), Potassium: 765.96mg (21.88%), Vitamin B5: 1.8mg (17.99%), Zinc: 2.61mg (17.42%), Vitamin B12: 0.64µg (10.59%), Vitamin D: 1.08µg (7.22%), Vitamin A: 322.08IU (6.44%), Vitamin C: 5.13mg (6.22%), Vitamin K: 1.72µg (1.64%)