



Stuffed Cinnamon French Toast Waffle Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup nutella with cocoa
- 4 slices sandwich bread white
- 0.3 cup cream cheese
- 1 eggs
- 3 tablespoons milk
- 1 teaspoon sugar
- 0.3 teaspoon vanilla

- 0.1 teaspoon ground cinnamon
- 1 cup buttered toast

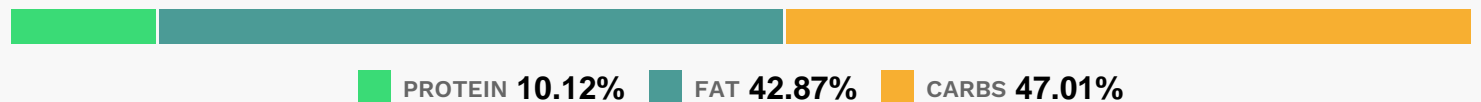
Equipment

- bowl
- oven
- whisk
- waffle iron

Directions

- Spread hazelnut spread on 2 slices of bread.
- Spread cream cheese on other 2 slices of bread. Press together 1 of each, filling sides together, making 2 sandwiches.
- In shallow bowl, beat egg, milk, sugar, vanilla and cinnamon with fork or whisk until well mixed. Crush cereal; place in another shallow dish.
- Heat waffle maker; grease with vegetable oil or shortening. Dip both sides of 1 sandwich in egg mixture. Dip both sides in crushed cereal, patting gently to coat; place on waffle maker. Close lid of waffle maker.
- Bake 2 to 4 minutes or until browned. Carefully remove waffle sandwich. Repeat with remaining sandwich.
- Cut sandwiches into triangles, and serve.

Nutrition Facts



Properties

Glycemic Index:122.1, Glycemic Load:26.03, Inflammation Score:-6, Nutrition Score:16.142173985181%

Nutrients (% of daily need)

Calories: 556.77kcal (27.84%), Fat: 26.41g (40.64%), Saturated Fat: 18.03g (112.69%), Carbohydrates: 65.17g (21.72%), Net Carbohydrates: 61.37g (22.32%), Sugar: 28.28g (31.42%), Cholesterol: 113.42mg (37.81%), Sodium: 516.04mg (22.44%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 14.03g (28.06%), Selenium: 29.56µg

(42.23%), Manganese: 0.75mg (37.47%), Vitamin B1: 0.41mg (27.12%), Vitamin B2: 0.46mg (26.9%), Iron: 4.5mg (25%), Folate: 97.05µg (24.26%), Calcium: 241.62mg (24.16%), Phosphorus: 233.43mg (23.34%), Vitamin B3: 3.49mg (17.47%), Vitamin E: 2.51mg (16.75%), Fiber: 3.8g (15.22%), Copper: 0.29mg (14.55%), Magnesium: 51.38mg (12.84%), Vitamin A: 538.32IU (10.77%), Vitamin B5: 1.05mg (10.48%), Zinc: 1.51mg (10.08%), Potassium: 343.48mg (9.81%), Vitamin B12: 0.49µg (8.09%), Vitamin B6: 0.16mg (7.91%), Vitamin D: 0.69µg (4.58%), Vitamin K: 2.35µg (2.23%)