



Stuffed French Toast

READY IN



15 min.

SERVINGS



15

CALORIES



84 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup philadelphia cream cheese spread
- 4 slices cinnamon-raisin bread
- 8 slices oscar mayer deli honey ham fresh
- 2 eggs
- 2 Tbsp milk
- 2 Tbsp pancake syrup
- 2 tsp sugar

Equipment

frying pan

Directions

- Spread bread slices with cream cheese spread; fill with ham to make 2 sandwiches. Lightly press edges together to seal.
- Beat eggs, milk and sugar with fork in pie plate until blended.
- Dip sandwiches in egg mixture, turning over to evenly moisten both sides.
- Spray large nonstick skillet with cooking spray; heat on medium heat.
- Add sandwiches; cook 2 min. on each side or until golden brown on both sides.
- Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:11.94, Glycemic Load:2.79, Inflammation Score:-1, Nutrition Score:2.7456522017879%

Nutrients (% of daily need)

Calories: 84.31kcal (4.22%), Fat: 4.3g (6.61%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 6.23g (2.27%), Sugar: 1.19g (1.32%), Cholesterol: 33.78mg (11.26%), Sodium: 230.58mg (10.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Selenium: 6.64µg (9.48%), Vitamin B1: 0.12mg (7.8%), Phosphorus: 53.42mg (5.34%), Vitamin B2: 0.09mg (5.32%), Vitamin B3: 0.91mg (4.57%), Vitamin B6: 0.07mg (3.64%), Zinc: 0.48mg (3.21%), Folate: 10.55µg (2.64%), Vitamin B12: 0.16µg (2.64%), Iron: 0.44mg (2.42%), Manganese: 0.04mg (2.04%), Potassium: 69.64mg (1.99%), Vitamin B5: 0.19mg (1.93%), Copper: 0.04mg (1.8%), Vitamin D: 0.24µg (1.63%), Calcium: 15.97mg (1.6%), Vitamin A: 72.49IU (1.45%), Magnesium: 5.64mg (1.41%), Fiber: 0.3g (1.19%)