



French Toast Nuggets



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Entire recipe: 197 calories, 5g total fat (1g sat. fat), 402mg sodium, 25g carbs, 2g fiber, 3.5g sugars, 11.5g protein

Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

1/4 cup egg whites or fat-free liquid egg substitute
1/4 tsp. vanilla extract
Dash cinnamon
1 standard-sized hot dog bun (about 130 calories)
2 tsp. light whipped butter or light buttery spread
Optional topping: sugar-free or lite pancake syrup

Directions

In a wide bowl, mix egg whites/substitute with vanilla extract and cinnamon.

Split bun in half. Cut each half widthwise into 4 pieces, leaving you with 8 “nuggets.”

Coat nuggets on all sides with egg mixture. Bring a skillet sprayed with nonstick spray to medium-high heat. Add butter and let it coat the bottom.

Cook nuggets, flipping occasionally, until golden brown on all sides, 3 - 4 minutes.

MAKES 1 SERVINGS

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