



## 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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