

# French Toast Roll Ups

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-jam-swiss-roll-recipe>

## Ingredients:

- 8 slices white sandwich bread I used the multi-grain white bread from Costco
- Nutella
- jam
- cream cheese
- jelly
- peanut butter
- 2 eggs
- 3 tablespoons milk
- 1/3 cup sugar
- 1 teaspoon cinnamon
- butter for your fry pan
- maple syrup for dipping, if desired
- roll Read more: <http://www.cinnamonspiceandeverythingnice.com/french-toast-ups/#ixzz2jprM2w5N>

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 135 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 11 grams
8. Sodium: 560 milligrams
9. Sugar: 37 grams

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