



## Cannoli-Stuffed French Toast Nuggets



Entire recipe (4 nuggets): 228 calories, 6.5g total fat (3g sat. fat), 395mg sodium, 31g carbs, 3g fiber, 10.5g sugars, 12.5g protein

**Prep:** 10 minutes    **Cook:** 5 minutes

More: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)



### Ingredients

1/4 cup fat-free liquid egg substitute  
1/4 tsp. cinnamon  
1 tsp. vanilla extract  
3 tbsp. fat-free ricotta cheese  
1 no-calorie sweetener packet  
2 tsp. mini semi-sweet chocolate chips  
1 light hot dog bun  
2 tsp. light whipped butter or light buttery spread  
1/2 tsp. powdered sugar  
Optional topping: sugar-free pancake syrup

### Directions

In a wide bowl, mix egg substitute, cinnamon, and 1/2 tsp. vanilla extract.

In a small bowl, mix ricotta cheese, sweetener, and remaining 1/2 tsp. vanilla extract. Fold in chocolate chips.

Open bun without separating the halves. Spoon ricotta mixture onto one half and lightly press to seal. Slice into four "nuggets."

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

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

Serve sprinkled with powdered sugar and enjoy!

### MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.