



Almond Ciabatta French Toast

 Vegetarian

READY IN



24 min.

SERVINGS



4

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon almond extract
- 1 cup almonds sliced
- 1 inch round ciabatta
- 1 large eggs
- 2 large egg whites
- 1.3 cups milk 1% low-fat
- 0.1 teaspoon salt
- 3 tablespoons sugar

- 0.3 teaspoon vanilla extract pure
- 0.3 cup milk whole

Equipment

- bowl
- frying pan
- whisk
- baking pan

Directions

- Heat a griddle or skillet over medium–low heat.
- Whisk together first 6 ingredients (through almond extract) in a medium bowl. Gradually whisk in both types of milk.
- Pour mixture into a shallow baking dish. Working in batches, if necessary, place bread in dish and let soak 3 minutes on each side.
- Coat a griddle or skillet with cooking spray. For each slice of the bread, place 2 tablespoons almonds in a single (but fairly densely packed) layer on the hot griddle, forming an area the size and shape of a bread slice. Press 1 side of the bread into the almonds, and cook 4 minutes or until golden brown. (You will probably need to repeat this process in 2 batches.) Flip the bread over, and cook 34 minutes or until speckled golden brown.
- Serve immediately.

Nutrition Facts

 PROTEIN 18.32%  FAT 50.79%  CARBS 30.89%

Properties

Glycemic Index:29.52, Glycemic Load:6.76, Inflammation Score:-5, Nutrition Score:11.861739134011%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 238.03kcal (11.9%), Fat: 13.92g (21.41%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 16.16g (5.88%), Sugar: 14.6g (16.22%), Cholesterol: 52.02mg (17.34%), Sodium: 155.85mg (6.78%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 11.3g (22.59%), Vitamin E: 6.04mg (40.28%), Vitamin B2: 0.52mg (30.48%), Manganese: 0.54mg (26.77%), Phosphorus: 229.25mg (22.92%), Magnesium: 76.16mg (19.04%), Calcium: 181.9mg (18.19%), Selenium: 9.97µg (14.25%), Copper: 0.25mg (12.58%), Fiber: 2.88g (11.53%), Vitamin B12: 0.66µg (10.97%), Potassium: 353.81mg (10.11%), Zinc: 1.27mg (8.43%), Vitamin D: 1.23µg (8.19%), Vitamin B1: 0.1mg (6.9%), Vitamin B5: 0.65mg (6.54%), Iron: 1.09mg (6.06%), Vitamin B6: 0.11mg (5.36%), Vitamin B3: 0.96mg (4.8%), Vitamin A: 236.99IU (4.74%), Folate: 18.13µg (4.53%)