



WHATSheATE



Almond-Crusted French Toast

READY IN



45 min.

SERVINGS



6

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1 teaspoon butter divided
- ☐ 0.5 cup egg substitute
- ☐ 2 large egg whites
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup ground flaxseed
- ☐ 1 tablespoon maple syrup
- ☐ 9 ounce whole-grain bread whole wheat (such as Earth Grains)
- ☐ 1.5 teaspoons powdered sugar sifted

- ☐ 1 cup vanilla soy milk (such as Silk)
- ☐ 0.5 teaspoon vanilla extract

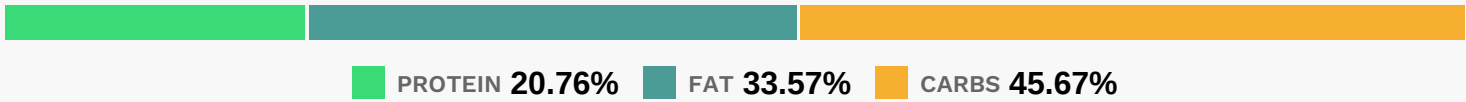
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine flaxseed and sliced almonds in a shallow dish.
- ☐ Combine milk and next 5 ingredients (through egg whites) in a medium bowl, stirring well with a whisk, and pour milk mixture into another shallow dish.
- ☐ Working with 1 bread slice at a time, place bread slice into milk mixture, turning to coat both sides.
- ☐ Let bread stand in milk mixture 2 to 3 minutes.
- ☐ Remove bread slice from milk mixture; dredge 1 side of bread in flaxseed mixture, pressing gently to adhere. Repeat procedure with remaining bread slices, milk mixture, and flaxseed mixture.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Melt 1/2 teaspoon butter in pan; swirl to coat bottom of pan.
- ☐ Add 3 coated bread slices, coated sides down; cook 2 minutes on each side or until lightly browned. Repeat procedure with cooking spray, remaining butter, and remaining coated bread slices.
- ☐ Sprinkle powdered sugar evenly over toast.

Nutrition Facts



Properties

Glycemic Index:39.44, Glycemic Load:12.3, Inflammation Score:-5, Nutrition Score:16.008695747541%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 228.99kcal (11.45%), Fat: 8.65g (13.31%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 20.78g (7.56%), Sugar: 6.19g (6.87%), Cholesterol: 1.79mg (0.6%), Sodium: 277.51mg (12.07%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 12.04g (24.08%), Manganese: 1.33mg (66.25%), Selenium: 24.77µg (35.38%), Vitamin B1: 0.37mg (24.74%), Fiber: 5.7g (22.81%), Vitamin B2: 0.38mg (22.09%), Magnesium: 83mg (20.75%), Phosphorus: 182.03mg (18.2%), Vitamin B3: 3.64mg (18.19%), Calcium: 178.27mg (17.83%), Vitamin E: 2.57mg (17.14%), Copper: 0.3mg (15.01%), Iron: 2.36mg (13.09%), Vitamin B6: 0.26mg (12.92%), Folate: 43.54µg (10.89%), Zinc: 1.58mg (10.5%), Potassium: 331.59mg (9.47%), Vitamin B12: 0.5µg (8.4%), Vitamin B5: 0.75mg (7.52%), Vitamin D: 0.79µg (5.28%), Vitamin A: 222.21IU (4.44%), Vitamin K: 3.85µg (3.67%), Vitamin C: 2.99mg (3.63%)