



Amaretto French Toast

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



356 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 slices buttermilk bread sweet (such as Pepperidge Farm Farmhouse)
- ☐ 0.5 cup coffee creamer fat-free amaretto-flavored (such as International Delight)
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup maple syrup reduced-calorie

Equipment

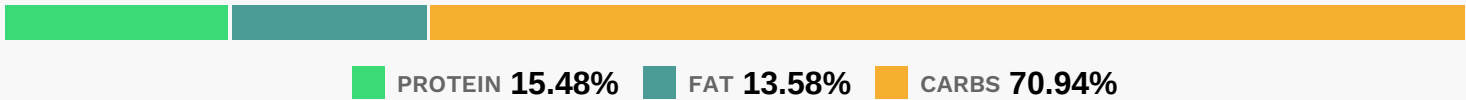
- ☐ frying pan

☐ whisk

Directions

- ☐ Combine first 4 ingredients with a wire whisk in a shallow dish.
- ☐ Dredge 2 slices of bread in egg mixture, letting slices soak 15 to 20 seconds on each side.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Place dredged bread slices in pan; cook 2 to 3 minutes on each side until lightly browned. Repeat with remaining bread slices.
- ☐ Serve with maple syrup.

Nutrition Facts



Properties

Glycemic Index:50.08, Glycemic Load:24.2, Inflammation Score:-3, Nutrition Score:14.874347651782%

Nutrients (% of daily need)

Calories: 355.69kcal (17.78%), Fat: 4.98g (7.66%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 58.49g (19.5%), Net Carbohydrates: 55.98g (20.36%), Sugar: 31.61g (35.12%), Cholesterol: 93mg (31%), Sodium: 358.83mg (15.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.76g (25.52%), Manganese: 1.69mg (84.56%), Vitamin B2: 0.91mg (53.62%), Selenium: 30.42µg (43.46%), Vitamin B1: 0.27mg (17.88%), Vitamin B3: 3.22mg (16.12%), Folate: 60.7µg (15.17%), Iron: 2.57mg (14.25%), Calcium: 135.19mg (13.52%), Phosphorus: 127.01mg (12.7%), Fiber: 2.51g (10.02%), Magnesium: 38.34mg (9.59%), Vitamin B5: 0.91mg (9.07%), Zinc: 1.21mg (8.04%), Potassium: 259.97mg (7.43%), Copper: 0.11mg (5.51%), Vitamin B6: 0.11mg (5.36%), Vitamin B12: 0.25µg (4.2%), Vitamin D: 0.5µg (3.33%), Vitamin K: 2.97µg (2.83%), Vitamin A: 137.6IU (2.75%), Vitamin E: 0.38mg (2.54%)