



WHATSheATE



## Baked Coconut French Toast with Tropical Fruit Compote

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 10 ounces diagonally bread baguette french 1-inch-thick cut ()
- ☐ 1.3 cups egg substitute
- ☐ 1 cup kiwifruit peeled chopped
- ☐ 1.3 cups coconut milk light
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 cup mangos peeled chopped
- ☐ 1 cup papaya peeled chopped

- ☐ 1.5 cups pineapple fresh chopped
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup coconut or sweetened flaked
- ☐ 1 tablespoon vanilla extract

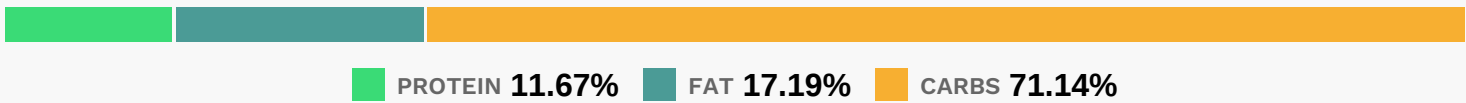
## Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ To prepare compote, combine first 6 ingredients. Cover and chill for 8 hours or overnight.
- ☐ To prepare the French toast, arrange bread in a single layer in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine light coconut milk, egg substitute, 1/2 cup sugar, and 1 tablespoon vanilla, stirring with a whisk, and pour evenly over bread. Turn the bread over to coat. Cover and refrigerate for 8 hours or overnight.
- ☐ Preheat oven to 35
- ☐ Remove bread mixture from refrigerator, and uncover. Turn bread slices over, and sprinkle evenly with flaked coconut.
- ☐ Let stand at room temperature 15 minutes.
- ☐ Bake, uncovered, at 350 for 30 minutes or until coconut is golden.
- ☐ Serve warm with fruit compote.

## Nutrition Facts



## Properties

Glycemic Index:52.59, Glycemic Load:26.68, Inflammation Score:-6, Nutrition Score:14.590434820756%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 285.1kcal (14.26%), Fat: 5.49g (8.45%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 51.12g (17.04%), Net Carbohydrates: 47.43g (17.25%), Sugar: 31.23g (34.7%), Cholesterol: 0mg (0%), Sodium: 286.87mg (12.47%), Alcohol: 0.56g (100%), Alcohol %: 0.31% (100%), Protein: 8.39g (16.77%), Vitamin C: 51.43mg (62.33%), Manganese: 0.81mg (40.48%), Selenium: 26.96µg (38.51%), Folate: 63.51µg (15.88%), Vitamin B2: 0.27mg (15.79%), Vitamin B1: 0.23mg (15.55%), Fiber: 3.69g (14.76%), Iron: 2.33mg (12.96%), Vitamin B3: 2.52mg (12.61%), Vitamin K: 12.3µg (11.71%), Vitamin B5: 1.11mg (11.08%), Vitamin A: 514.5IU (10.29%), Phosphorus: 93.55mg (9.35%), Magnesium: 36.5mg (9.12%), Calcium: 90.93mg (9.09%), Copper: 0.17mg (8.73%), Potassium: 302.37mg (8.64%), Vitamin B6: 0.17mg (8.64%), Vitamin E: 1.21mg (8.05%), Zinc: 0.88mg (5.88%), Vitamin D: 0.6µg (4%), Vitamin B12: 0.13µg (2.13%)