



Baked French Toast

 Vegetarian

READY IN



41 min.

SERVINGS



6

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 ounce bread french cut ()
- 1 large egg whites
- 3 large eggs
- 0.5 teaspoon ground cinnamon
- 2.5 cups milk 2% reduced-fat
- 0.5 cup maple syrup pure
- 2 tablespoons powdered sugar
- 3 cups strawberries sliced

1 teaspoon vanilla extract

Equipment

baking sheet

oven

whisk

Directions

Preheat oven to 40

Place bread slices in a single layer in 2 (13 x 9-inch) glass or ceramic baking dishes.

Combine milk and next 3 ingredients (through egg white), stirring well with a whisk.

Pour milk mixture over bread, turning slices until milk mixture is absorbed.

Transfer bread slices to 2 large baking sheets coated with cooking spray.

Bake at 400 for 20 minutes or until browned and puffed, turning halfway through cooking time.

Sprinkle with cinnamon.

Place 3 French toast slices on each of 6 plates. Top with strawberries, syrup, and powdered sugar.

Lighten Up

A friendlier French Toast

My lighter version uses 2% reduced-fat milk rather than heavy cream in the egg mixture--this small change saves 250 calories and 48 grams of fat per serving!

Nutrition Facts



PROTEIN 15.24% **FAT 20.43%** **CARBS 64.33%**

Properties

Glycemic Index:27, Glycemic Load:9.18, Inflammation Score:-4, Nutrition Score:12.596087046292%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 202.4kcal (10.12%), Fat: 4.61g (7.09%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 32.66g (10.89%), Net Carbohydrates: 31.08g (11.3%), Sugar: 27.51g (30.57%), Cholesterol: 100.87mg (33.62%), Sodium: 108.33mg (4.71%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 7.74g (15.48%), Vitamin C: 42.54mg (51.56%), Manganese: 0.96mg (47.98%), Vitamin B2: 0.69mg (40.48%), Calcium: 176.15mg (17.62%), Selenium: 12.22µg (17.45%), Phosphorus: 160.7mg (16.07%), Vitamin B12: 0.75µg (12.48%), Potassium: 356.19mg (10.18%), Folate: 37.08µg (9.27%), Vitamin B5: 0.84mg (8.42%), Magnesium: 30.35mg (7.59%), Zinc: 1.11mg (7.42%), Vitamin B1: 0.1mg (6.7%), Fiber: 1.58g (6.32%), Vitamin B6: 0.12mg (5.85%), Iron: 0.89mg (4.97%), Vitamin A: 244.43IU (4.89%), Vitamin E: 0.51mg (3.4%), Vitamin D: 0.5µg (3.33%), Copper: 0.06mg (3.23%), Vitamin B3: 0.53mg (2.67%), Vitamin K: 1.92µg (1.83%)