



Baklava French Toast



Vegetarian



Popular

READY IN



35 min.

SERVINGS



1

CALORIES



499 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 slices bread
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 teaspoon a cinnamon stick
- ☐ 1 eggs
- ☐ 1 teaspoon honey
- ☐ 1 serving optional: lemon
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons milk

- ☐ 1 handful nuts chopped
- ☐ 1 serving cranberry-orange relish
- ☐ 1 tablespoon orange juice
- ☐ 1 pinch salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water

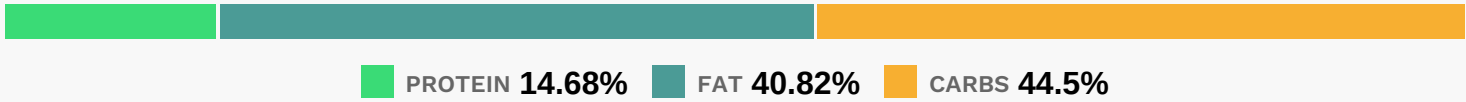
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Simmer the honey, water, lemon rind, orange rind and cinnamon in a small pan until it thickens to a syrupy consistency.
- ☐ Remove from heat and remove the rinds and cinnamon stick if used.
- ☐ Mix the nuts, cinnamon and honey in a bowl.
- ☐ Place the nut mixture between 2 slices of bread.
- ☐ Mix the egg, milk, lemon juice, orange juice, vanilla extract and salt in a shallow dish. Dip the sandwich into the egg mixture to cover both sides. Melt some butter in a pan and fry the French toast until golden brown on both sides.
- ☐ Serve the French toast with the syrup on top

Nutrition Facts



Properties

Glycemic Index:308.61, Glycemic Load:23.92, Inflammation Score:-8, Nutrition Score:25.579565234806%

Flavonoids

Eriodictyol: 2.26mg, Eriodictyol: 2.26mg, Eriodictyol: 2.26mg, Eriodictyol: 2.26mg Hesperetin: 30.68mg, Hesperetin: 30.68mg, Hesperetin: 30.68mg, Hesperetin: 30.68mg Naringenin: 14.4mg, Naringenin: 14.4mg,

Naringenin: 14.4mg, Naringenin: 14.4mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg
Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin:
0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg,
Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 498.58kcal (24.93%), Fat: 23.33g (35.9%), Saturated Fat: 4.43g (27.67%), Carbohydrates: 57.23g
(19.08%), Net Carbohydrates: 49.04g (17.83%), Sugar: 21.24g (23.6%), Cholesterol: 167.28mg (55.76%), Sodium:
383.69mg (16.68%), Alcohol: 0.69g (100%), Alcohol %: 0.26% (100%), Protein: 18.89g (37.77%), Vitamin C: 66.22mg
(80.27%), Manganese: 1.56mg (78.16%), Selenium: 30.82µg (44.03%), Phosphorus: 339.33mg (33.93%), Fiber: 8.19g
(32.74%), Folate: 119.38µg (29.84%), Vitamin B2: 0.49mg (29.03%), Vitamin B1: 0.43mg (28.34%), Magnesium:
113.25mg (28.31%), Copper: 0.57mg (28.27%), Vitamin B3: 4.98mg (24.92%), Iron: 4.23mg (23.51%), Calcium:
209.72mg (20.97%), Vitamin B5: 1.91mg (19.08%), Potassium: 598.86mg (17.11%), Zinc: 2.54mg (16.96%), Vitamin B6:
0.32mg (16.1%), Vitamin A: 535.18IU (10.7%), Vitamin B12: 0.55µg (9.23%), Vitamin D: 1.21µg (8.07%), Vitamin E:
0.82mg (5.47%), Vitamin K: 3.45µg (3.29%)