



Challah French Toast



Vegetarian



Popular

READY IN



35 min.

SERVINGS



12

CALORIES



83 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 banana ripe
- ☐ 1 tbsp brown sugar
- ☐ 1.5 tsp cinnamon
- ☐ 3 eggs
- ☐ 0.3 cup flour
- ☐ 1 cup milk
- ☐ 0.3 tsp salt
- ☐ 0.3 cup butter unsalted

☐ 2 tsp vanilla

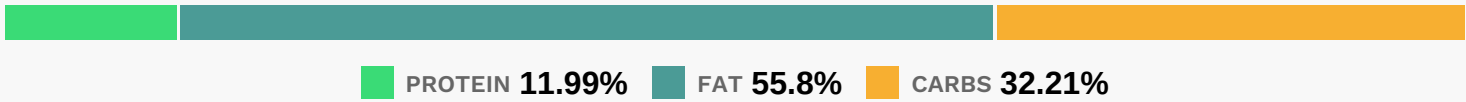
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Challah French Toast
- ☐ Ingredients12 slices challah, sliced 1 inch thick (cut larger slices in half)1 cup lowfat milk3 eggs1/4 cup flour1 ripe banana1 tbsp brown sugar2 tsp vanilla1 1/2 tsp cinnamon1/4 tsp salt1-2 tbsp rum, Kahlua, or Grand Marnier (optional)1/4 cup unsalted butter
- ☐ You will also needlarge skillet (nonstick is best), blender, baking sheet (optional)
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 20 Minutes
- ☐ Total Time: 35 Minutes
- ☐ Servings: 12 servings
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:11.23, Glycemic Load:2.53, Inflammation Score:-2, Nutrition Score:2.8869565207025%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg 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: 82.94kcal (4.15%), Fat: 5.13g (7.89%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 6.16g (2.24%), Sugar: 3.29g (3.66%), Cholesterol: 52.07mg (17.36%), Sodium: 72.78mg (3.16%), Alcohol: 0.24g (100%), Alcohol %: 0.61% (100%), Protein: 2.48g (4.96%), Selenium: 4.84µg (6.92%), Vitamin B2: 0.1mg (5.9%), Manganese: 0.11mg (5.37%), Phosphorus: 48.44mg (4.84%), Vitamin A: 223.38IU (4.47%), Vitamin B12: 0.23µg (3.77%), Calcium: 37.15mg (3.72%), Vitamin B6: 0.07mg (3.45%), Vitamin D: 0.51µg (3.38%), Folate: 12.47µg (3.12%), Vitamin B5: 0.29mg (2.92%), Vitamin B1: 0.04mg (2.63%), Potassium: 89.35mg (2.55%), Iron: 0.38mg (2.08%), Fiber: 0.5g (1.99%), Magnesium: 7.37mg (1.84%), Zinc: 0.27mg (1.81%), Vitamin E: 0.25mg (1.65%), Vitamin B3: 0.26mg (1.3%), Copper: 0.02mg (1.12%), Vitamin C: 0.87mg (1.05%)