



Chocolate Banana French Toast

READY IN



8 min.

SERVINGS



10

CALORIES



378 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 bananas ripe mashed well
- 10 slices bread
- 0.7 cup chocolate milk
- 10 servings cooking oil
- 5 eggs
- 10 servings maple syrup

Equipment

- bowl

frying pan

whisk

Directions

Whisk eggs in a large bowl until well blended.

Whisk in chocolate milk and bananas.

Dip bread slices into egg mixture; let soak briefly to coat both sides.

Remove bread, letting excess egg mixture drip back into bowl, and place in a large lightly buttered or oiled frying pan over medium heat. Cook bread for a few minutes on both sides until golden brown.

Serve topped with bananas and strawberries, if desired, and drizzled with syrup. Or, spread with jam.

Nutrition Facts



PROTEIN 7.74% **FAT 43.47%** **CARBS 48.79%**

Properties

Glycemic Index:14.84, Glycemic Load:10.31, Inflammation Score:-3, Nutrition Score:10.503912956818%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 378.38kcal (18.92%), Fat: 18.46g (28.39%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 43.69g (15.89%), Sugar: 26.01g (28.91%), Cholesterol: 83.84mg (27.95%), Sodium: 202.72mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.79%), Manganese: 0.57mg (28.46%), Selenium: 15.93µg (22.76%), Vitamin E: 2.78mg (18.52%), Phosphorus: 153.31mg (15.33%), Copper: 0.29mg (14.57%), Vitamin B2: 0.24mg (13.84%), Iron: 2.34mg (12.99%), Magnesium: 48.66mg (12.16%), Fiber: 2.91g (11.63%), Vitamin K: 11.79µg (11.23%), Folate: 40.49µg (10.12%), Vitamin B3: 1.89mg (9.44%), Vitamin B1: 0.14mg (9.4%), Vitamin B6: 0.16mg (8.21%), Potassium: 271.76mg (7.76%), Calcium: 72.77mg (7.28%), Vitamin B5: 0.7mg (7%), Zinc: 0.97mg (6.47%), Vitamin D: 0.66µg (4.38%), Vitamin B12: 0.25µg (4.18%), Vitamin A: 150.8IU (3.02%), Vitamin C: 2.34mg (2.84%)