



## Chocolate French Toast

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.1 teaspoon double-acting baking powder
- 8 slices bread
- 4 eggs
- 1 cup milk
- 0.3 teaspoon salt
- 0.3 cup cocoa powder unsweetened
- 0.7 cup granulated sugar white

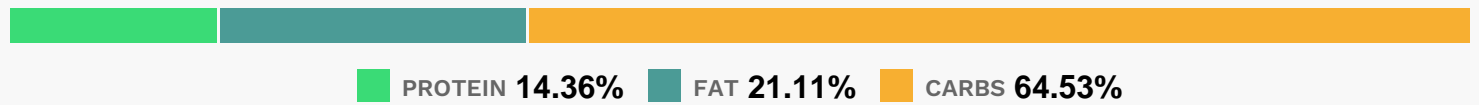
### Equipment

frying pan

## Directions

- Beat together milk, eggs, sugar, cocoa powder, baking powder, and salt.
- Heat a lightly buttered skillet or griddle over medium heat.
- Dip each slice of bread into egg mixture until well soaked, about 20 seconds per side.
- Place in pan, and cook on both sides until they are no longer gooey or shiny in the middle when cut in half, about 3 to 4 minutes per side.

## Nutrition Facts



## Properties

Glycemic Index:32.34, Glycemic Load:19.34, Inflammation Score:-3, Nutrition Score:8.2582608231384%

## Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 198.85kcal (9.94%), Fat: 4.88g (7.51%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 31.13g (11.32%), Sugar: 19.85g (22.05%), Cholesterol: 85.5mg (28.5%), Sodium: 255.49mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.24mg (2.75%), Protein: 7.47g (14.94%), Manganese: 0.48mg (23.97%), Selenium: 16.01µg (22.87%), Phosphorus: 138.16mg (13.82%), Vitamin B2: 0.22mg (13.23%), Iron: 1.91mg (10.59%), Fiber: 2.45g (9.78%), Copper: 0.19mg (9.73%), Vitamin B1: 0.14mg (9.58%), Calcium: 93.31mg (9.33%), Magnesium: 35.68mg (8.92%), Folate: 35.29µg (8.82%), Vitamin B3: 1.69mg (8.46%), Vitamin B5: 0.69mg (6.9%), Zinc: 0.95mg (6.31%), Vitamin B12: 0.36µg (6.01%), Vitamin D: 0.78µg (5.17%), Potassium: 170.42mg (4.87%), Vitamin B6: 0.09mg (4.57%), Vitamin A: 168.77IU (3.38%), Vitamin E: 0.3mg (2.02%), Vitamin K: 1.62µg (1.54%)