



Ciabatta French Toast with Marmalade Drizzle

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 1 ounce ciabatta bread
- 2 large eggs
- 0.5 teaspoon ground cinnamon
- 0.5 cup milk 2% reduced-fat
- 0.3 cup orange juice fresh
- 0.5 cup orange marmalade

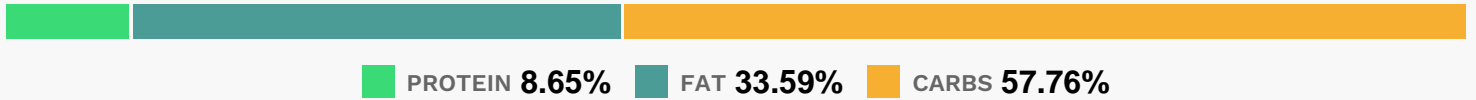
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Place orange juice and marmalade in a small saucepan over medium heat; bring to a simmer.
- Remove from heat; keep warm.
- Combine milk, cinnamon, and eggs in a shallow dish; stir with a whisk. Dip bread slices in egg mixture; let slices stand in egg mixture 20 seconds on each side.
- Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- Place 4 bread slices in pan; cook 2 minutes on each side or until lightly browned.
- Remove from pan. Repeat procedure with remaining 1 tablespoon butter and bread slices.
- Drizzle with marmalade syrup.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.1, Inflammation Score:-3, Nutrition Score:5.0239130284475%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 225.24kcal (11.26%), Fat: 8.73g (13.43%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 33.26g (12.1%), Sugar: 27.33g (30.37%), Cholesterol: 110.41mg (36.8%), Sodium: 151.73mg (6.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Vitamin C: 12.32mg (14.94%), Selenium: 8.75µg (12.5%), Vitamin B2: 0.19mg (11.03%), Phosphorus: 83.59mg (8.36%), Vitamin A: 406.89IU (8.14%), Calcium: 71.06mg (7.11%), Vitamin B12: 0.39µg (6.51%), Folate: 23.25µg (5.81%), Vitamin B5: 0.54mg (5.42%), Potassium: 134.69mg (3.85%), Vitamin B6: 0.07mg (3.51%), Zinc: 0.5mg (3.34%), Vitamin D: 0.5µg (3.33%), Copper: 0.07mg (3.29%), Manganese: 0.07mg (3.28%), Iron: 0.57mg (3.15%), Vitamin E: 0.47mg (3.15%), Vitamin B1: 0.04mg (2.83%),

Magnesium: 9.61mg (2.4%), Fiber: 0.53g (2.13%)