



WHATSheATE



Ciabatta French Toast with Warm Apple Maple Syrup

READY IN



35 min.

SERVINGS



6

CALORIES



352 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 2 cups mcintosh apples sliced
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 4 teaspoons butter divided
- ☐ 12 ounce ciabatta bread
- ☐ 1 teaspoon cornstarch
- ☐ 1 large eggs

- ☐ 1 large egg whites
- ☐ 0.5 cup skim milk fat-free
- ☐ 0.1 teaspoon nutmeg
- ☐ 3 ounces gruyere cheese cut into thin slices
- ☐ 0.3 cup buttermilk low-fat
- ☐ 0.3 cup maple syrup
- ☐ 3 tablespoons pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped

Equipment

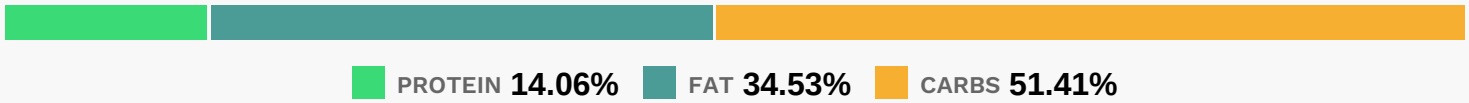
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine cider and cornstarch in a small bowl, stirring with a whisk. Melt 2 teaspoons butter in a large nonstick skillet over medium heat.
- ☐ Add shallots to pan; cook 1 minute, stirring frequently.
- ☐ Add the cider mixture, apples, and syrup to pan. Bring to a boil, stirring frequently. Reduce heat to low; cook 3 minutes or until apples begin to soften, stirring occasionally. Set aside, and keep warm.
- ☐ Cut a horizontal slit through bottom crust of each bread slice to form a pocket; stuff 1/2 ounce cheese evenly into each pocket.
- ☐ Combine fat-free milk, buttermilk, and next 5 ingredients (through egg white) in a shallow dish, stirring well with a whisk. Working with 1 stuffed bread slice at a time, place bread slice into milk mixture, turning gently to coat both sides.
- ☐ Heat a large nonstick skillet over medium-high heat. Melt 2 teaspoons butter in pan.
- ☐ Add 3 coated bread slices to pan, and cook for 2 minutes on each side or until lightly browned. Repeat procedure with remaining 2 teaspoons butter and remaining 3 coated bread slices.

Place 1 French toast slice onto each of 6 plates; top each serving with about 3 tablespoons sauce and 1 1/2 teaspoons pecans.

Nutrition Facts



Properties

Glycemic Index:64.08, Glycemic Load:5.77, Inflammation Score:-3, Nutrition Score:7.5847826237264%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 352.24kcal (17.61%), Fat: 13.69g (21.07%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 43.64g (15.87%), Sugar: 15.59g (17.32%), Cholesterol: 58.49mg (19.5%), Sodium: 559.61mg (24.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.09%), Manganese: 0.58mg (28.92%), Calcium: 214.81mg (21.48%), Vitamin B2: 0.34mg (20.05%), Phosphorus: 159.31mg (15.93%), Selenium: 6.69µg (9.56%), Fiber: 2.25g (9.01%), Zinc: 1.17mg (7.79%), Vitamin B12: 0.46µg (7.7%), Vitamin A: 378.05IU (7.56%), Potassium: 204.44mg (5.84%), Magnesium: 23.03mg (5.76%), Vitamin B1: 0.08mg (5.43%), Copper: 0.09mg (4.51%), Vitamin B5: 0.42mg (4.17%), Vitamin B6: 0.08mg (4.17%), Vitamin D: 0.48µg (3.18%), Vitamin C: 2.46mg (2.98%), Vitamin E: 0.4mg (2.65%), Folate: 10.3µg (2.58%), Iron: 0.43mg (2.4%), Vitamin K: 1.96µg (1.86%)