



Cinnamon Batter-Dipped French Toast

 Vegetarian

READY IN



20 min.

SERVINGS



10

CALORIES



118 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.3 cups milk
- 2 teaspoons ground cinnamon
- 1 teaspoon vanilla
- 2 eggs
- 10 slices bread
- 1 serving powdered sugar
- 1 serving maple syrup
- 2 cups frangelico

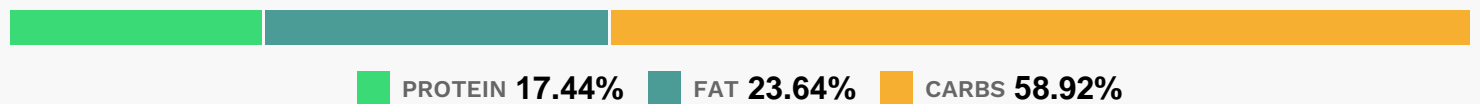
Equipment

- bowl
- frying pan

Directions

- Heat griddle or skillet; grease if necessary.
- In shallow dish, stir Bisquick mix, milk, cinnamon, vanilla and eggs until blended. Dip bread into batter; drain excess batter back into bowl.
- Place bread on hot griddle.
- Cook 1 to 2 minutes on each side or until golden brown.
- Sprinkle with powdered sugar; serve with syrup.

Nutrition Facts



Properties

Glycemic Index:13.82, Glycemic Load:8.18, Inflammation Score:-2, Nutrition Score:5.9182608321957%

Nutrients (% of daily need)

Calories: 118.26kcal (5.91%), Fat: 3.09g (4.75%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 15.97g (5.81%), Sugar: 5.14g (5.72%), Cholesterol: 36.4mg (12.13%), Sodium: 156.8mg (6.82%), Alcohol: 0.14g (100%), Alcohol %: 0.25% (100%), Protein: 5.12g (10.24%), Manganese: 0.45mg (22.71%), Selenium: 11.36µg (16.23%), Vitamin B2: 0.18mg (10.53%), Vitamin B1: 0.14mg (9.14%), Phosphorus: 84.63mg (8.46%), Calcium: 83.68mg (8.37%), Vitamin B3: 1.61mg (8.06%), Folate: 27.96µg (6.99%), Iron: 1.2mg (6.66%), Fiber: 1.33g (5.33%), Vitamin B5: 0.48mg (4.8%), Magnesium: 16.9mg (4.23%), Vitamin B12: 0.24µg (4.05%), Zinc: 0.55mg (3.68%), Vitamin D: 0.51µg (3.41%), Vitamin B6: 0.07mg (3.27%), Potassium: 104.21mg (2.98%), Copper: 0.05mg (2.49%), Vitamin A: 98.67IU (1.97%), Vitamin K: 1.61µg (1.54%), Vitamin E: 0.17mg (1.13%)