



Cinnamon French Toast

READY IN



18 min.

SERVINGS



4

CALORIES



154 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5.3 ounce honey-wheatberry bread whole wheat
- ☐ 0.5 cup egg substitute
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon butter divided reduced-calorie
- ☐ 0.5 cup skim milk

Equipment

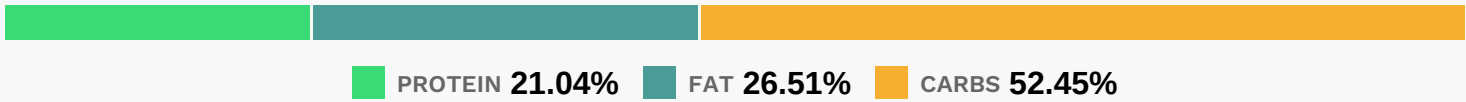
- ☐ bowl
- ☐ frying pan

☐ whisk

Directions

- ☐ Combine first 3 ingredients in a shallow bowl, stirring well with a wire whisk.
- ☐ Coat a nonstick skillet with cooking spray.
- ☐ Add 1 teaspoon margarine; place over medium heat until margarine melts. Dip 1 bread slice into egg substitute mixture.
- ☐ Place coated bread in skillet; cook until browned and crisp on each side, turning once. Repeat with remaining margarine, bread, and egg substitute mixture.

Nutrition Facts



Properties

Glycemic Index:24.23, Glycemic Load:10.15, Inflammation Score:-4, Nutrition Score:8.8334782084693%

Nutrients (% of daily need)

Calories: 154.17kcal (7.71%), Fat: 4.56g (7.01%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 18.64g (6.78%), Sugar: 4.32g (4.8%), Cholesterol: 0.92mg (0.31%), Sodium: 284.08mg (12.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.27%), Selenium: 23.9µg (34.14%), Manganese: 0.5mg (24.85%), Vitamin B2: 0.25mg (14.86%), Vitamin B1: 0.21mg (13.93%), Calcium: 113.13mg (11.31%), Iron: 1.98mg (10.98%), Vitamin B3: 2.2mg (10.98%), Phosphorus: 104.09mg (10.41%), Folate: 37.59µg (9.4%), Vitamin B5: 0.92mg (9.21%), Fiber: 1.64g (6.58%), Magnesium: 23.93mg (5.98%), Zinc: 0.83mg (5.53%), Vitamin D: 0.82µg (5.45%), Vitamin A: 256.66IU (5.13%), Vitamin B6: 0.1mg (5.02%), Potassium: 170.89mg (4.88%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.66mg (4.42%), Copper: 0.06mg (3.2%), Vitamin K: 1.99µg (1.9%)