



## Cinnamon French Toast Sticks

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



695 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 Slices bread
- 1 tbsp butter
- 1.5 tablespoons ground cinnamon
- 2 eggs
- 1 serving fruit chopped
- 1.5 tablespoons honey
- 1 teaspoon powdered sugar
- 0.3 cup milk

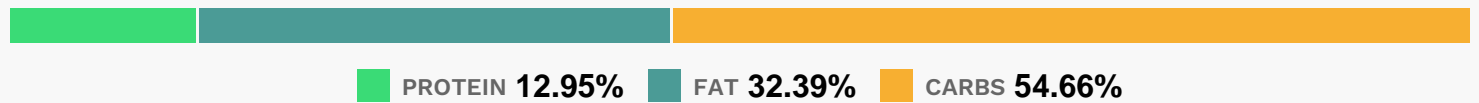
# Equipment

- bowl
- frying pan
- whisk

# Directions

- Slice your bread into smaller rectangular sticks
- In a bowl, whisk your egg, milk, 1 tablespoon of honey, 1 tablespoon of cinnamon powder. Dip your bread in the mix, turn on both sides and set aside
- In a pan on low heat, heat up your butter and fry your bread sticks.
- Serve your french toast sticks with the chopped fruits, drizzle the rest of the honey, sprinkle the rest of the cinnamon powder and icing sugar. P:S – If you are having it as a dessert, you can add a scoop of ice-cream to it.

# Nutrition Facts



# Properties

Glycemic Index:203.94, Glycemic Load:36.22, Inflammation Score:-7, Nutrition Score:28.520434782609%

# Nutrients (% of daily need)

Calories: 695.14kcal (34.76%), Fat: 25.91g (39.86%), Saturated Fat: 11.83g (73.92%), Carbohydrates: 98.37g (32.79%), Net Carbohydrates: 86.68g (31.52%), Sugar: 49.49g (54.99%), Cholesterol: 365.21mg (121.74%), Sodium: 645.19mg (28.05%), Protein: 23.32g (46.63%), Manganese: 3.18mg (159.08%), Selenium: 53.15µg (75.92%), Fiber: 11.69g (46.76%), Vitamin B2: 0.75mg (44.03%), Phosphorus: 370.78mg (37.08%), Calcium: 360.79mg (36.08%), Iron: 6.07mg (33.7%), Folate: 116.91µg (29.23%), Vitamin B1: 0.43mg (28.81%), Vitamin B3: 5.49mg (27.47%), Vitamin A: 1323.83IU (26.48%), Vitamin B5: 2.39mg (23.94%), Vitamin B12: 1.14µg (18.95%), Zinc: 2.67mg (17.78%), Magnesium: 66.36mg (16.59%), Copper: 0.33mg (16.47%), Vitamin B6: 0.33mg (16.3%), Vitamin D: 2.43µg (16.21%), Potassium: 508.39mg (14.53%), Vitamin K: 14.75µg (14.05%), Vitamin E: 1.72mg (11.48%), Vitamin C: 3.39mg (4.11%)