



Cinnamon French Toast Sticks with Spicy Cider Syrup

READY IN



25 min.

SERVINGS



10

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup sugar
- 3 tablespoons flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 2 cups apple cider
- 2 tablespoons juice of lemon
- 0.3 cup butter
- 0.5 cup flour all-purpose

- 1.3 cups milk
- 2 teaspoons ground cinnamon
- 1 teaspoon vanilla
- 2 eggs
- 10 slices sandwich bread cut into thirds

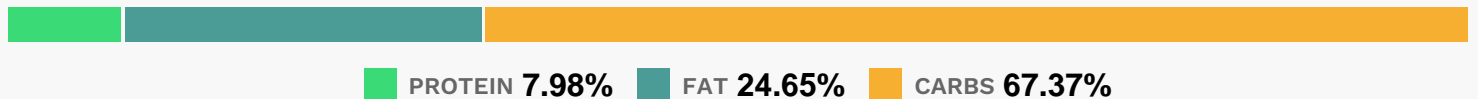
Equipment

- bowl
- frying pan
- sauce pan

Directions

- In 2-quart saucepan, mix sugar, 3 tablespoons flour, 1/4 teaspoon cinnamon and the nutmeg. Stir in cider and lemon juice. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in butter; keep warm.
- Heat griddle or skillet over medium-high heat or electric griddle to 375°F. Grease griddle with cooking spray, vegetable oil or shortening. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
- In shallow bowl, beat all French toast stick ingredients except bread with fork until smooth. Dip bread sticks into batter; drain excess batter back into bowl.
- Place bread sticks on griddle. Cook about 4 minutes on each side or until golden brown.
- Serve with warm syrup.

Nutrition Facts



Properties

Glycemic Index:45.36, Glycemic Load:30.11, Inflammation Score:-4, Nutrition Score:6.7647826593855%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 272.03kcal (13.6%), Fat: 7.52g (11.57%), Saturated Fat: 2.04g (12.72%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 45.07g (16.39%), Sugar: 27.51g (30.56%), Cholesterol: 36.4mg (12.13%), Sodium: 199.23mg (8.66%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 5.47g (10.95%), Selenium: 12.15µg (17.35%), Manganese: 0.33mg (16.34%), Vitamin B1: 0.23mg (15.04%), Folate: 48.16µg (12.04%), Vitamin B2: 0.2mg (11.72%), Calcium: 106.97mg (10.7%), Phosphorus: 90.93mg (9.09%), Vitamin B3: 1.78mg (8.89%), Iron: 1.5mg (8.32%), Vitamin A: 302.21IU (6.04%), Fiber: 1.16g (4.63%), Vitamin B5: 0.45mg (4.53%), Potassium: 152.49mg (4.36%), Vitamin B12: 0.25µg (4.14%), Magnesium: 16.46mg (4.11%), Zinc: 0.54mg (3.61%), Vitamin B6: 0.07mg (3.58%), Vitamin D: 0.51µg (3.41%), Copper: 0.06mg (2.99%), Vitamin E: 0.36mg (2.42%), Vitamin C: 1.62mg (1.96%)