



Cinnamon-Raisin French Toast

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup eggs fat-free
- 0.8 cup soymilk
- 0.5 teaspoon vanilla
- 8 slices raisin bread
- 1 serving fruit fresh

Equipment

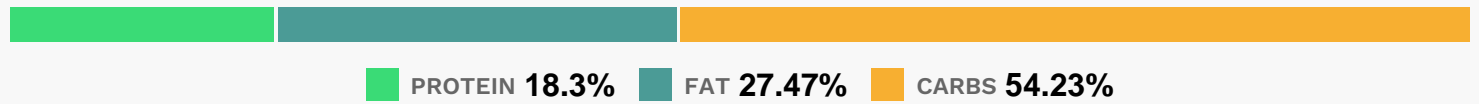
- bowl
- frying pan

whisk

Directions

- In medium bowl, beat egg product, soymilk and vanilla with egg beater or wire whisk until smooth; pour into shallow bowl.
- Spray griddle or 10-inch skillet with cooking spray; heat griddle to 375°F or heat skillet over medium heat. Dip bread into egg mixture until completely soaked.
- Place on griddle. Cook about 4 minutes on each side or until golden brown.
- Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:26.1, Glycemic Load:18.17, Inflammation Score:-5, Nutrition Score:12.736086928326%

Nutrients (% of daily need)

Calories: 245.87kcal (12.29%), Fat: 7.53g (11.59%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 30.57g (11.12%), Sugar: 7.64g (8.49%), Cholesterol: 169.49mg (56.5%), Sodium: 268.79mg (11.69%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 11.29g (22.57%), Selenium: 25.41µg (36.29%), Vitamin B2: 0.51mg (30.05%), Folate: 91.29µg (22.82%), Vitamin B3: 3.41mg (17.06%), Phosphorus: 150.48mg (15.05%), Vitamin B1: 0.23mg (15.04%), Vitamin B12: 0.88µg (14.72%), Iron: 2.61mg (14.53%), Manganese: 0.28mg (14.12%), Calcium: 123.32mg (12.33%), Vitamin E: 1.74mg (11.59%), Fiber: 2.89g (11.55%), Vitamin B6: 0.22mg (11.07%), Copper: 0.21mg (10.64%), Vitamin A: 509.41IU (10.19%), Vitamin D: 1.44µg (9.62%), Vitamin B5: 0.91mg (9.12%), Potassium: 270.42mg (7.73%), Zinc: 1.1mg (7.3%), Magnesium: 20.53mg (5.13%), Vitamin C: 3.89mg (4.71%), Vitamin K: 2.38µg (2.27%)