



WHATSheATE



Cinnamon-Raisin French Toast



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



389 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



8 slices raisin bread



0.8 cup eggs fat-free



4 servings fruit fresh



0.8 cup vanilla



0.5 teaspoon vanilla

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 375F 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:17.75, Glycemic Load:17.72, Inflammation Score:-5, Nutrition Score:12.032608664554%

Nutrients (% of daily need)

Calories: 388.94kcal (19.45%), Fat: 6.76g (10.4%), Saturated Fat: 2g (12.53%), Carbohydrates: 49.88g (16.63%), Net Carbohydrates: 45.75g (16.64%), Sugar: 21.45g (23.83%), Cholesterol: 169.49mg (56.5%), Sodium: 254.62mg (11.07%), Alcohol: 13.59g (100%), Alcohol %: 6.74% (100%), Protein: 10.42g (20.84%), Selenium: 24.39µg (34.84%), Vitamin B2: 0.48mg (28.3%), Manganese: 0.4mg (19.81%), Folate: 78.9µg (19.73%), Fiber: 4.13g (16.53%), Phosphorus: 163.48mg (16.35%), Iron: 2.72mg (15.11%), Vitamin B1: 0.21mg (14.2%), Copper: 0.25mg (12.65%), Vitamin B3: 2.47mg (12.34%), Vitamin A: 603.91IU (12.08%), Potassium: 344.84mg (9.85%), Vitamin B5: 0.96mg (9.62%), Zinc: 1.11mg (7.42%), Magnesium: 29.65mg (7.41%), Vitamin B6: 0.14mg (7.13%), Calcium: 70.11mg (7.01%), Vitamin B12: 0.41µg (6.76%), Vitamin K: 6.47µg (6.16%), Vitamin D: 0.91µg (6.07%), Vitamin E: 0.62mg (4.16%), Vitamin C: 2.66mg (3.22%)