



WHATSHETE



Cinnamon Swirl French Toast



Vegetarian



Popular

READY IN



10 min.

SERVINGS



2

CALORIES



316 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 servings butter
- ☐ 4 slices cinnamon swirl bread
- ☐ 2 eggs
- ☐ 2 servings maple syrup
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon vanilla

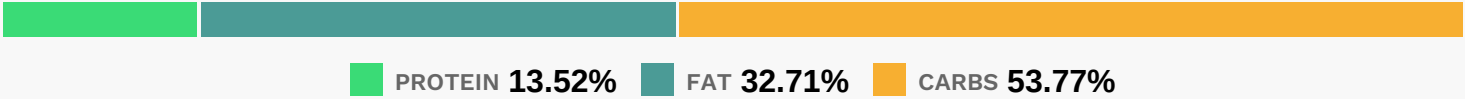
Equipment

- ☐ frying pan

Directions

☐ Mix the milk, eggs and vanilla in a wide dish.Dip the bread into the egg mixture to coat on both sides.Melt some butter in a pan and fry the slices of bread until golden brown, about 3–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:97.75, Glycemic Load:23.18, Inflammation Score:-4, Nutrition Score:12.437391309473%

Nutrients (% of daily need)

Calories: 316.43kcal (15.82%), Fat: 11.5g (17.7%), Saturated Fat: 5.08g (31.73%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 40.31g (14.66%), Sugar: 16.7g (18.55%), Cholesterol: 178.09mg (59.36%), Sodium: 288.55mg (12.55%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Protein: 10.7g (21.39%), Vitamin B2: 0.71mg (41.58%), Manganese: 0.74mg (36.82%), Selenium: 24.54µg (35.05%), Folate: 75.95µg (18.99%), Phosphorus: 175.87mg (17.59%), Vitamin B1: 0.22mg (14.97%), Iron: 2.3mg (12.79%), Calcium: 119.58mg (11.96%), Vitamin B5: 1mg (9.95%), Vitamin B3: 1.89mg (9.45%), Vitamin B12: 0.56µg (9.41%), Fiber: 2.24g (8.94%), Vitamin A: 411.96IU (8.24%), Vitamin D: 1.22µg (8.1%), Zinc: 1.21mg (8.08%), Potassium: 272.19mg (7.78%), Copper: 0.14mg (6.78%), Magnesium: 26.88mg (6.72%), Vitamin B6: 0.13mg (6.48%), Vitamin E: 0.74mg (4.93%), Vitamin K: 1.46µg (1.39%)