



WHATSheATE



Cinnamon Toast Crunch® French Toast Fingers



Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



530 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 cups cinnamon crushed cinnamon toast crunch®
- ☐ 3 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup milk
- ☐ 6 slices sandwich bread white cut into thirds

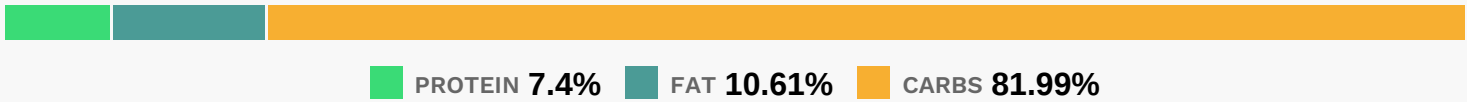
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ In shallow dish, beat eggs, milk and cinnamon with whisk. In another shallow dish, place crushed cereal.
- ☐ Heat griddle or large skillet over medium heat; melt butter on griddle. Dip bread pieces, one at a time, in egg mixture, then coat with cereal (pressing in with hands, if needed). Cook on hot griddle about 4 minutes on each side until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.8, Glycemic Load:11.66, Inflammation Score:-8, Nutrition Score:31.549565211586%

Nutrients (% of daily need)

Calories: 530.08kcal (26.5%), Fat: 8.14g (12.52%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 141.6g (47.2%), Net Carbohydrates: 57.19g (20.8%), Sugar: 6.8g (7.56%), Cholesterol: 91.74mg (30.58%), Sodium: 196.74mg (8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.57%), Manganese: 27.73mg (1386.66%), Fiber: 84.42g (337.66%), Calcium: 1697.73mg (169.77%), Iron: 14.36mg (79.79%), Vitamin K: 49.66µg (47.3%), Copper: 0.58mg (29.13%), Magnesium: 109.05mg (27.26%), Vitamin E: 4.02mg (26.82%), Selenium: 18.24µg (26.06%), Zinc: 3.56mg (23.75%), Potassium: 801.68mg (22.91%), Phosphorus: 214.49mg (21.45%), Vitamin B3: 3.35mg (16.77%), Vitamin B6: 0.33mg (16.74%), Vitamin B2: 0.28mg (16.6%), Vitamin A: 709.02IU (14.18%), Vitamin B1: 0.19mg (12.88%), Vitamin B5: 1.19mg (11.91%), Folate: 47.63µg (11.91%), Vitamin C: 6mg (7.27%), Vitamin B12: 0.42µg (6.99%), Vitamin D: 0.89µg (5.92%)