



Citrusy French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



378 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter divided
- ☐ 8 servings maple syrup
- ☐ 4 teaspoons orange zest grated
- ☐ 2 cups pancake mix
- ☐ 4 tablespoons powdered sugar
- ☐ 2 cups water
- ☐ 16 slices sandwich bread white

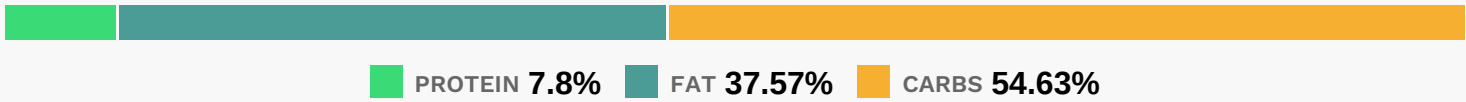
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk first 5 ingredients in a medium bowl until smooth.
- ☐ Melt one tablespoon butter in a skillet over medium heat. Dip bread slices in the batter, coating well. Cook in batches 1 to 2 minutes on each side or until golden, turning with a spatula.
- ☐ Remove from pan; keep warm.
- ☐ Serve warm with maple syrup.

Nutrition Facts



Properties

Glycemic Index:20.16, Glycemic Load:22.46, Inflammation Score:-5, Nutrition Score:10.699565332869%

Nutrients (% of daily need)

Calories: 378.1kcal (18.91%), Fat: 15.81g (24.32%), Saturated Fat: 8.37g (52.3%), Carbohydrates: 51.72g (17.24%), Net Carbohydrates: 49.85g (18.13%), Sugar: 18.57g (20.64%), Cholesterol: 53.58mg (17.86%), Sodium: 498.72mg (21.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.77%), Manganese: 0.8mg (40.08%), Vitamin B2: 0.48mg (28.33%), Vitamin B1: 0.33mg (22.26%), Selenium: 14.96µg (21.37%), Calcium: 204mg (20.4%), Folate: 67.93µg (16.98%), Phosphorus: 161.84mg (16.18%), Vitamin B3: 2.81mg (14.06%), Iron: 2.14mg (11.88%), Vitamin A: 440.5IU (8.81%), Fiber: 1.87g (7.49%), Magnesium: 25.95mg (6.49%), Zinc: 0.85mg (5.64%), Potassium: 173.78mg (4.97%), Vitamin B5: 0.45mg (4.53%), Copper: 0.09mg (4.4%), Vitamin B6: 0.08mg (4.12%), Vitamin E: 0.44mg (2.94%), Vitamin B12: 0.13µg (2.24%), Vitamin C: 1.55mg (1.88%), Vitamin K: 1.09µg (1.04%)