



Classic French Toast with Berries

 Vegetarian

READY IN



16 min.

SERVINGS



4

CALORIES



399 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup blueberries
- 2 large egg whites
- 2 large eggs
- 0.5 teaspoon ground cinnamon
- 1.5 cups milk 2% reduced-fat
- 8 teaspoons maple syrup
- 12 ounces bread (per slice) ()
- 2 teaspoons powdered sugar

- 1 cup raspberries
- 0.3 teaspoon salt
- 1 tablespoon sugar
- 1.5 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 20
- Place a large shallow baking dish in oven to warm.
- Combine first 7 ingredients (through salt) in a large bowl, stirring well with a whisk. (You should have about 2 cups batter.)
- Place 2 slices of bread in batter; soak 1-2 minutes.
- Heat a large nonstick skillet over medium heat; coat pan with cooking spray.
- Remove bread slices from the batter; drain slightly.
- Place bread in skillet; cook until golden (2-3 minutes on each side), flipping once.
- Transfer toast to warm baking dish in oven. Repeat steps with the remaining bread slices.
- Place 2 slices of French toast on 4 plates.
- Sprinkle each plate with 1/2 teaspoon powdered sugar; top with 1/4 cup each of blueberries and raspberries.
- Drizzle each plate with 2 teaspoons maple syrup before serving.

Nutrition Facts



Properties

Glycemic Index:61.82, Glycemic Load:29.74, Inflammation Score:-6, Nutrition Score:22.663913146309%

Flavonoids

Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 399.47kcal (19.97%), Fat: 7.51g (11.55%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 63.95g (21.32%), Net Carbohydrates: 55.88g (20.32%), Sugar: 26.01g (28.9%), Cholesterol: 100.08mg (33.36%), Sodium: 634.69mg (27.6%), Alcohol: 0.52g (100%), Alcohol %: 0.22% (100%), Protein: 18.97g (37.95%), Manganese: 2.53mg (126.6%), Selenium: 35.26µg (50.37%), Vitamin B2: 0.7mg (41.07%), Phosphorus: 327.09mg (32.71%), Fiber: 8.07g (32.29%), Calcium: 287.76mg (28.78%), Vitamin B1: 0.41mg (27.36%), Magnesium: 92.13mg (23.03%), Vitamin B3: 4.24mg (21.2%), Zinc: 2.54mg (16.93%), Iron: 3mg (16.65%), Vitamin K: 16.44µg (15.66%), Folate: 61.09µg (15.27%), Vitamin B6: 0.3mg (14.86%), Vitamin B5: 1.46mg (14.59%), Potassium: 506.61mg (14.47%), Vitamin C: 11.64mg (14.1%), Copper: 0.27mg (13.49%), Vitamin B12: 0.71µg (11.77%), Vitamin E: 1.23mg (8.17%), Vitamin A: 258.44IU (5.17%), Vitamin D: 0.5µg (3.33%)