



Coconut-Banana French Toast

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 medium banana thinly sliced
- ☐ 8 slices double-fiber bread whole wheat (such as Nature's Own)
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup egg substitute
- ☐ 0.8 cup coconut milk light
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract

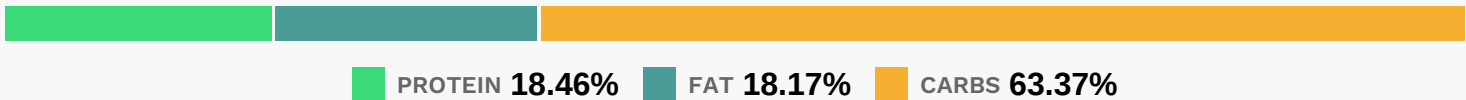
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring well with a whisk.
- ☐ Heat a large nonstick skillet or griddle over medium heat. Coat pan with cooking spray. Dip 4 bread slices (twice on each side) in egg mixture. Cook 2 minutes on each side or until browned. Set aside, and keep warm. Repeat procedure with remaining bread and egg mixture.
- ☐ Serve with banana slices and, if desired, syrup.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:26.47, Inflammation Score:-4, Nutrition Score:15.154348020968%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 288.78kcal (14.44%), Fat: 5.81g (8.94%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 45.61g (15.2%), Net Carbohydrates: 41.49g (15.09%), Sugar: 19.55g (21.73%), Cholesterol: 46.5mg (15.5%), Sodium: 463.68mg (20.16%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 13.28g (26.57%), Manganese: 1.28mg (64.16%), Selenium: 37.24µg (53.2%), Vitamin B2: 0.35mg (20.48%), Vitamin B1: 0.29mg (19.14%), Phosphorus: 182.39mg (18.24%), Fiber: 4.13g (16.51%), Vitamin B6: 0.31mg (15.52%), Magnesium: 59.4mg (14.85%), Iron: 2.63mg (14.6%), Vitamin B5: 1.42mg (14.21%), Vitamin B3: 2.75mg (13.76%), Calcium: 132.83mg (13.28%), Zinc: 1.63mg (10.89%), Folate: 42.49µg (10.62%), Potassium: 359.71mg (10.28%), Copper: 0.17mg (8.49%), Vitamin E: 1.18mg (7.86%), Vitamin D: 0.97µg (6.47%), Vitamin K: 4.64µg (4.42%), Vitamin B12: 0.26µg (4.4%), Vitamin A: 189.31IU (3.79%), Vitamin C: 2.79mg (3.38%)