



## Coconut French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



838 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 loaf un bread
- ☐ 1 tablespoon butter divided
- ☐ 0.5 cup full fat coconut cream
- ☐ 1 cup coconut milk
- ☐ 2 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 4 servings powdered sugar toasted sliced
- ☐ 2 tablespoons sugar

- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup milk whole

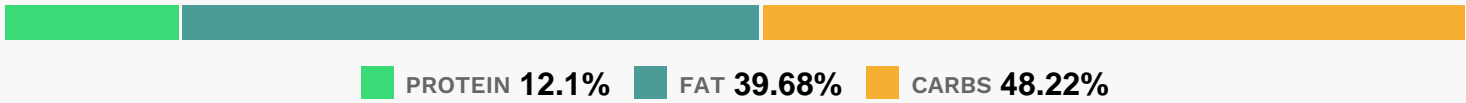
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Cut bread into 4 (2-inch) slices. Trim crusts, and cut each piece in half diagonally.
- ☐ Combine eggs and next 6 ingredients in a 13- x 9-inch baking dish. Soak bread in egg mixture.
- ☐ Melt 1/2 tablespoon butter in a large nonstick skillet or griddle.
- ☐ Drain two bread slices, and cook in hot butter 30 to 45 seconds on each side or until golden.
- ☐ Place on a foil-lined baking sheet. Repeat with remaining butter and soaked bread.
- ☐ Bake at 350 for 15 minutes.
- ☐ Serve with powdered sugar, sliced bananas, toasted coconut flakes, and maple syrup.

## Nutrition Facts



## Properties

Glycemic Index:79.69, Glycemic Load:50.2, Inflammation Score:-7, Nutrition Score:29.926086892252%

## Nutrients (% of daily need)

Calories: 838.36kcal (41.92%), Fat: 37.35g (57.46%), Saturated Fat: 24.82g (155.1%), Carbohydrates: 102.14g (34.05%), Net Carbohydrates: 94.41g (34.33%), Sugar: 27g (30%), Cholesterol: 107.85mg (35.95%), Sodium: 894.39mg (38.89%), Alcohol: 1.12g (100%), Alcohol %: 0.39% (100%), Protein: 25.62g (51.25%), Manganese: 2.96mg (147.82%), Selenium: 57.93µg (82.75%), Vitamin B3: 10.23mg (51.17%), Vitamin B1: 0.76mg (51%), Iron: 9.16mg (50.89%), Folate: 171.2µg (42.8%), Phosphorus: 422.61mg (42.26%), Vitamin B2: 0.63mg (37.29%), Calcium:

321.35mg (32.13%), Fiber: 7.73g (30.9%), Magnesium: 115.17mg (28.79%), Copper: 0.51mg (25.73%), Vitamin B5: 2.18mg (21.76%), Zinc: 2.96mg (19.75%), Potassium: 595.59mg (17.02%), Vitamin B6: 0.3mg (15%), Vitamin B12: 0.56µg (9.3%), Vitamin K: 8.99µg (8.56%), Vitamin D: 1.17µg (7.81%), Vitamin A: 326.16IU (6.52%), Vitamin E: 0.71mg (4.73%), Vitamin C: 1.76mg (2.14%)