



Coconut French Toast with Grilled Pineapple

 Vegetarian

READY IN



22 min.

SERVINGS



5

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 12 ounce bread french cut into 15 slices
- ☐ 1 cup coconut milk light
- ☐ 2.5 inch pineapple peeled
- ☐ 0.3 cup sugar
- ☐ 0.5 cup coconut or sweetened flaked

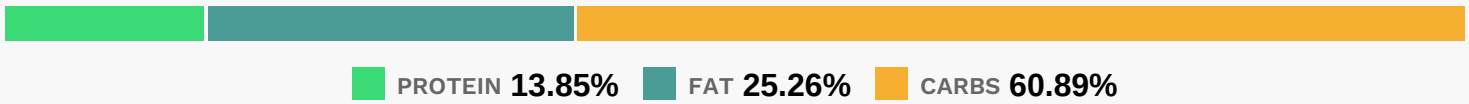
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat oven to 20
- ☐ Place a baking sheet in the oven.
- ☐ Combine coconut milk, sugar, fat-free milk, and eggs in a shallow dish, stirring with a whisk. Working in batches, dip bread in the milk mixture, and let stand for 1 minute on each side.
- ☐ Heat a large nonstick skillet over medium-high heat, and coat pan with cooking spray.
- ☐ Add 5 coated bread slices to pan, and cook for 2 minutes on each side or until browned.
- ☐ Place on warm pan in oven to keep warm. Repeat procedure in batches with cooking spray, remaining slices, and milk mixture.
- ☐ Heat a grill pan over medium-high heat.
- ☐ Add pineapple, and grill for 2 minutes on each side or until well marked. Chop pineapple.
- ☐ Place 3 slices of French toast on each of 5 plates, and divide the pineapple among servings. Top with coconut.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:34.49, Inflammation Score:-4, Nutrition Score:12.136956393719%

Nutrients (% of daily need)

Calories: 343.36kcal (17.17%), Fat: 9.59g (14.75%), Saturated Fat: 6.21g (38.83%), Carbohydrates: 51.99g (17.33%), Net Carbohydrates: 49.63g (18.05%), Sugar: 17.11g (19.01%), Cholesterol: 111.97mg (37.32%), Sodium: 514.89mg (22.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.64%), Selenium: 30.34µg (43.35%), Vitamin

B1: 0.5mg (33.61%), Vitamin B2: 0.45mg (26.31%), Folate: 98.52µg (24.63%), Manganese: 0.46mg (22.95%), Iron: 3.32mg (18.46%), Vitamin B3: 3.38mg (16.91%), Phosphorus: 152.55mg (15.25%), Fiber: 2.36g (9.42%), Zinc: 1.21mg (8.08%), Magnesium: 31.33mg (7.83%), Copper: 0.15mg (7.62%), Vitamin B5: 0.75mg (7.45%), Calcium: 69.55mg (6.96%), Vitamin B6: 0.13mg (6.74%), Vitamin B12: 0.34µg (5.63%), Potassium: 173.73mg (4.96%), Vitamin D: 0.73µg (4.9%), Vitamin A: 187.73IU (3.75%), Vitamin E: 0.46mg (3.05%)