



Coconut French Toast with Raspberry Syrup

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons coconut or shredded
- 2 large eggs
- 0.5 cup milk 1% low-fat
- 2 tablespoons maple syrup pure
- 1 cup raspberries
- 2 inch sourdough bread
- 1 teaspoon vanilla extract

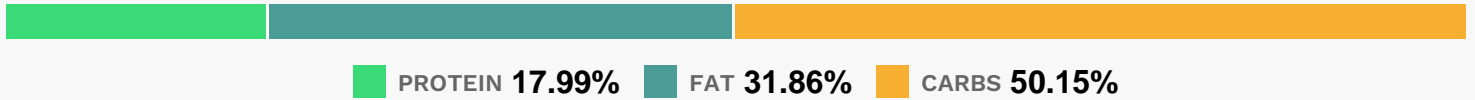
Equipment

- bowl
- frying pan
- whisk
- microwave

Directions

- In a large bowl, whisk together eggs, milk, and vanilla.
- Lightly dip bread slices in egg mixture; pat shredded coconut onto both sides of bread.
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add bread slices; cook 4 minutes on each side or until golden.
- Combine raspberries and maple syrup in a small microwave-safe bowl. Microwave at HIGH 30 seconds.
- Serve over French toast.

Nutrition Facts



Properties

Glycemic Index:76.5, Glycemic Load:6.81, Inflammation Score:-4, Nutrition Score:13.273478155551%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 212.44kcal (10.62%), Fat: 7.44g (11.45%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 26.37g (8.79%), Net Carbohydrates: 21.96g (7.99%), Sugar: 18.43g (20.48%), Cholesterol: 188.95mg (62.98%), Sodium: 112.88mg (4.91%), Alcohol: 0.69g (100%), Alcohol %: 0.44% (100%), Protein: 9.46g (18.91%), Manganese: 0.97mg (48.53%), Vitamin B2: 0.6mg (35.39%), Selenium: 17.94µg (25.63%), Vitamin C: 15.89mg (19.25%), Phosphorus: 185.61mg (18.56%), Fiber: 4.41g (17.62%), Calcium: 141.38mg (14.14%), Vitamin B12: 0.8µg (13.41%), Vitamin B5: 1.2mg (12.01%), Vitamin D: 1.65µg (10.99%), Folate: 41.7µg (10.43%), Potassium: 322.14mg (9.2%), Zinc: 1.37mg (9.16%), Iron: 1.53mg (8.52%), Magnesium: 33.13mg (8.28%), Vitamin A: 405.44IU (8.11%), Vitamin B6: 0.16mg (7.97%), Vitamin E: 1.08mg (7.17%), Vitamin B1: 0.11mg (7.17%), Copper: 0.12mg (5.88%), Vitamin K: 4.92µg (4.68%), Vitamin B3: 0.64mg (3.19%)