



Coconut French Toast with Raspberry Syrup

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



554 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
- 1 cup raspberries
- 4 slices sourdough bread thick
- 1 teaspoon vanilla extract

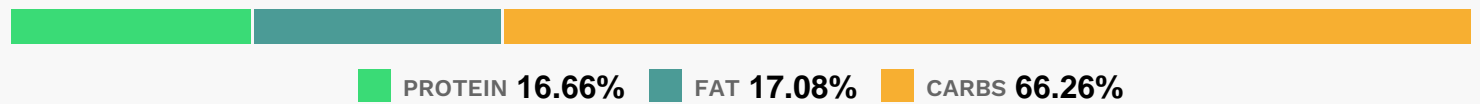
Equipment

- bowl
- frying pan
- microwave

Directions

- Combine eggs, milk, and vanilla in a large bowl.
- 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, and cook 4 minutes on each side until golden.
- Combine raspberries and maple syrup in a small microwave-safe bowl. Microwave on HIGH 30 seconds.
- Serve over French toast.

Nutrition Facts



Properties

Glycemic Index:76.5, Glycemic Load:57, Inflammation Score:-7, Nutrition Score:28.395651962446%

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: 553.69kcal (27.68%), Fat: 10.48g (16.12%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 91.48g (30.49%), Net Carbohydrates: 84.32g (30.66%), Sugar: 24.23g (26.92%), Cholesterol: 188.95mg (62.98%), Sodium: 868.15mg (37.75%), Alcohol: 0.69g (100%), Alcohol %: 0.27% (100%), Protein: 23.01g (46.01%), Manganese: 1.63mg

(81.4%), Selenium: 53.82µg (76.89%), Vitamin B2: 1.14mg (66.9%), Vitamin B1: 1mg (66.56%), Folate: 196.02µg (49.01%), Iron: 6.44mg (35.78%), Vitamin B3: 6.68mg (33.42%), Phosphorus: 317.34mg (31.73%), Fiber: 7.17g (28.66%), Calcium: 206.62mg (20.66%), Vitamin C: 15.89mg (19.25%), Magnesium: 73.28mg (18.32%), Zinc: 2.68mg (17.86%), Vitamin B5: 1.62mg (16.2%), Copper: 0.31mg (15.42%), Vitamin B6: 0.29mg (14.68%), Vitamin B12: 0.8µg (13.41%), Potassium: 468.93mg (13.4%), Vitamin D: 1.65µg (10.99%), Vitamin E: 1.34mg (8.93%), Vitamin A: 405.44IU (8.11%), Vitamin K: 5.8µg (5.52%)