



Coconut French Toast with Warm Orange-Pineapple Syrup

READY IN



26 min.

SERVINGS



9

CALORIES



97 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.3 inch bread french cut
- ☐ 1 teaspoon coconut extract
- ☐ 0.5 cup egg substitute
- ☐ 0.8 cup skim milk fat-free
- ☐ 9 tablespoons cranberry-orange relish
- ☐ 0.1 teaspoon salt
- ☐ 6 tablespoons coconut sweetened flaked toasted
- ☐ 2 tablespoons butter unsalted melted

☐ 1 teaspoon vanilla extract

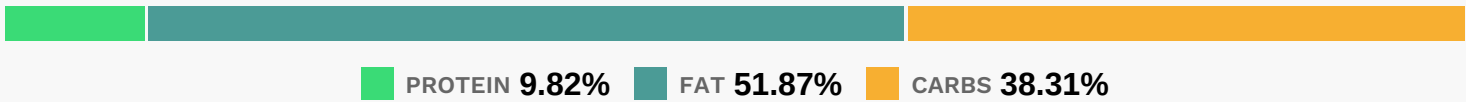
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Arrange baguette slices evenly in an 8-inch baking dish.
- ☐ Combine egg substitute and next 5 ingredients, stirring with a whisk; pour evenly over baguette slices.
- ☐ Let stand 30 minutes, turning once.
- ☐ Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- ☐ Add baguette slices; cook 3 minutes on each side or until golden.
- ☐ Sprinkle with coconut, and drizzle with Orange-Pineapple Syrup.

Nutrition Facts



Properties

Glycemic Index:11.24, Glycemic Load:0.75, Inflammation Score:-2, Nutrition Score:3.613913020362%

Flavonoids

Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg Naringenin: 2.27mg, Naringenin: 2.27mg, Naringenin: 2.27mg, Naringenin: 2.27mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 96.81kcal (4.84%), Fat: 5.61g (8.62%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 7.96g (2.89%), Sugar: 6.42g (7.14%), Cholesterol: 7.67mg (2.56%), Sodium: 110.03mg (4.78%), Alcohol: 0.34g (100%), Alcohol %: 0.69% (100%), Protein: 2.39g (4.77%), Selenium: 7.95µg (11.36%), Vitamin C: 8.07mg (9.78%), Vitamin B2: 0.11mg (6.42%), Manganese: 0.11mg (5.47%), Fiber: 1.36g (5.42%), Phosphorus:

52.85mg (5.29%), Potassium: 134.38mg (3.84%), Calcium: 37.28mg (3.73%), Vitamin B5: 0.37mg (3.71%),
Magnesium: 12.1mg (3.02%), Vitamin A: 149.49IU (2.99%), Vitamin B1: 0.04mg (2.95%), Vitamin B12: 0.15µg (2.55%),
Zinc: 0.38mg (2.54%), Iron: 0.45mg (2.51%), Copper: 0.04mg (2.2%), Vitamin B6: 0.04mg (2.14%), Vitamin E:
0.32mg (2.13%), Folate: 8.28µg (2.07%), Vitamin D: 0.26µg (1.73%)