



Cornflake Crusted Banana Stuffed French Toast

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



652 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon almonds toasted sliced
- ☐ 0.3 cup banana mashed
- ☐ 0.5 teaspoon cinnamon
- ☐ 4 slices cinnamon-raisin bread
- ☐ 1 cup cornflake crumbs
- ☐ 0.5 cup egg whites (or egg substitute)
- ☐ 0.5 teaspoon vanilla extract pure

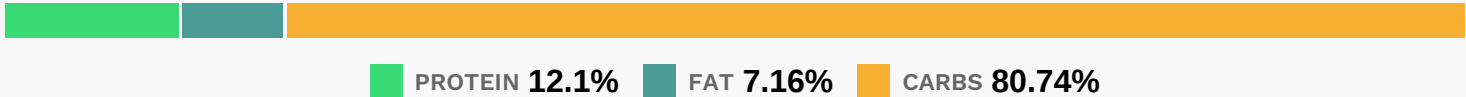
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat griddle over medium-high heat.
- ☐ Combine cornflake crumbs and almonds in a bowl.
- ☐ Combine egg whites, vanilla extract and cinnamon in another bowl. Dip 1 slice bread in egg batter, then coat on both sides with cornflake crust; repeat with remaining bread slices.
- ☐ Spread mashed banana on 1 side of 2 pieces of crusted bread; top with remaining 2 bread slices to make 2 sandwiches. Cook sandwiches on griddle until golden brown, 2 minutes per side.
- ☐ Cut in half and serve with fresh berries, if desired.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:70.39, Glycemic Load:20.89, Inflammation Score:-10, Nutrition Score:47.514782542768%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 651.69kcal (32.58%), Fat: 5.36g (8.24%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 135.9g (45.3%), Net Carbohydrates: 128.14g (46.6%), Sugar: 19.18g (21.31%), Cholesterol: 0mg (0%), Sodium: 1162.67mg (50.55%),

Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 20.37g (40.73%), Iron: 37.18mg (206.58%), Vitamin B2: 2.32mg (136.2%), Folate: 494.88µg (123.72%), Vitamin B1: 1.85mg (123.51%), Vitamin B6: 2.34mg (117.21%), Vitamin B3: 23.44mg (117.2%), Vitamin B12: 6.12µg (101.98%), Selenium: 45.5µg (65%), Vitamin A: 2267.26IU (45.35%), Manganese: 0.74mg (37.13%), Vitamin D: 5.22µg (34.79%), Vitamin C: 27.66mg (33.53%), Fiber: 7.76g (31.05%), Phosphorus: 251.16mg (25.12%), Magnesium: 90.17mg (22.54%), Copper: 0.43mg (21.31%), Vitamin E: 2.56mg (17.08%), Potassium: 585.55mg (16.73%), Vitamin B5: 1.59mg (15.88%), Zinc: 2.35mg (15.69%), Calcium: 104.01mg (10.4%), Vitamin K: 1.3µg (1.24%)