



Crumb-Topped French Toast

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 ounce diagonally-cut bread french ()
- ☐ 1 cup cornflake crumbs
- ☐ 2 eggs
- ☐ 0.3 cup butter melted
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup skim milk
- ☐ 0.5 teaspoon vanilla extract

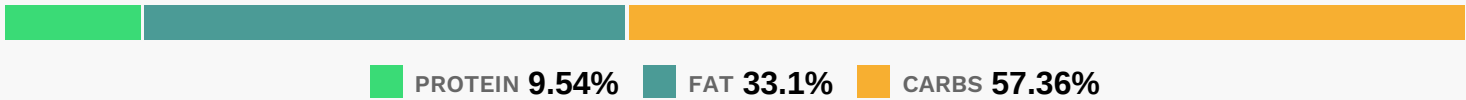
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 4 ingredients in a medium bowl; stir well with a wire whisk.
- ☐ Place cornflake crumbs in a shallow dish.
- ☐ Dip bread slices into milk mixture, and dredge in cornflake crumbs.
- ☐ Place bread slices on a baking sheet, and drizzle with margarine.
- ☐ Bake at 450 for 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:11.49, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:13.31130441181%

Nutrients (% of daily need)

Calories: 187.95kcal (9.4%), Fat: 7.05g (10.84%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 26.36g (9.59%), Sugar: 3.86g (4.29%), Cholesterol: 41.38mg (13.79%), Sodium: 393.84mg (17.12%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 4.57g (9.14%), Iron: 8.87mg (49.27%), Vitamin B2: 0.53mg (31.27%), Folate: 114.14µg (28.53%), Vitamin B1: 0.42mg (28.3%), Vitamin B6: 0.56mg (28.08%), Vitamin B12: 1.67µg (27.87%), Vitamin B3: 5.52mg (27.6%), Vitamin A: 872.63IU (17.45%), Selenium: 7.16µg (10.23%), Vitamin D: 1.45µg (9.69%), Vitamin C: 6.23mg (7.55%), Phosphorus: 74.55mg (7.45%), Manganese: 0.1mg (4.81%), Fiber: 1.12g (4.47%), Magnesium: 16.39mg (4.1%), Zinc: 0.54mg (3.63%), Copper: 0.07mg (3.61%), Calcium: 34.48mg (3.45%), Vitamin B5: 0.33mg (3.26%), Potassium: 98.8mg (2.82%), Vitamin E: 0.38mg (2.52%)