



Crunchy Bran French Toast

 Vegetarian

READY IN



18 min.

SERVINGS



4

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups bran flakes cereal
- 2 tablespoons confectioners' sugar
- 2 large eggs plus 2 egg whites
- 1 juice of orange
- 4 tablespoons cream cheese light
- 8 slices whole-grain bread
- 4 teaspoons low-sugar orange marmalade
- 1 tablespoons butter unsalted

- 1 teaspoon vanilla extract
- 1 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- whisk
- ziploc bags
- rolling pin

Directions

- Spread 4 bread slices with 1 tablespoon cream cheese each; spread the other 4 slices with 1 teaspoon marmalade each.
- Combine to make 4 sandwiches.
- Whisk the whole eggs, egg whites, orange zest and juice, and vanilla in a shallow bowl.
- Place the bran flakes in a resealable plastic bag and crush with a rolling pin or your hands.
- Pour the crumbs onto a plate. Dip both sides of each sandwich in the egg mixture, then in the crumbs, gently pressing the crumbs onto the bread.
- Heat 1 tablespoon each oil and butter in a skillet or griddle over medium heat.
- Add the sandwiches in batches and cook until the outsides are golden and the insides are melted, 3 to 4 minutes per side. (
- Add more oil and butter, if needed.)
- Slice the French toast sandwiches into triangles.
- Let cool before serving to little ones, as the cream cheese can get quite hot.
- Sprinkle with confectioners' sugar, if desired, and the kids won't even ask for syrup!
- Photograph by Ngoc Minh Ngo

Nutrition Facts



PROTEIN 13.71% **FAT 29.22%** **CARBS 57.07%**

Properties

Glycemic Index:48.49, Glycemic Load:22.02, Inflammation Score:-8, Nutrition Score:20.148260790369%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 327.73kcal (16.39%), Fat: 10.9g (16.76%), Saturated Fat: 4.16g (25.97%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 41.69g (15.16%), Sugar: 15.75g (17.5%), Cholesterol: 15.63mg (5.21%), Sodium: 418.86mg (18.21%), Alcohol: 0.34g (100%), Alcohol %: 0.32% (100%), Protein: 11.51g (23.01%), Manganese: 1.74mg (87.02%), Selenium: 26.34µg (37.63%), Folate: 132.32µg (33.08%), Iron: 5.72mg (31.77%), Vitamin B1: 0.43mg (28.98%), Vitamin B3: 5.09mg (25.46%), Fiber: 6.18g (24.74%), Vitamin B2: 0.41mg (24.25%), Phosphorus: 215.07mg (21.51%), Magnesium: 82.46mg (20.62%), Vitamin B6: 0.39mg (19.56%), Vitamin B12: 0.91µg (15.15%), Calcium: 126.54mg (12.65%), Zinc: 1.84mg (12.27%), Vitamin A: 581.28IU (11.63%), Copper: 0.22mg (11.23%), Vitamin K: 11.26µg (10.72%), Vitamin C: 7.84mg (9.5%), Potassium: 318.89mg (9.11%), Vitamin B5: 0.71mg (7.06%), Vitamin E: 0.83mg (5.52%), Vitamin D: 0.59µg (3.95%)