



Crunchy French Toast



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



456 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 cups corn flakes/bran flakes whole grain total® total® honey clusters®
- ☐ 2 eggs fat-free
- ☐ 0.8 cup orange juice
- ☐ 0.3 teaspoon salt
- ☐ 10 slices bread french ()

Equipment

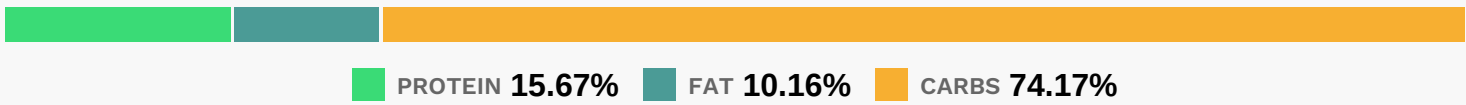
- ☐ bowl
- ☐ frying pan

- ☐ whisk
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet.
- ☐ Place crushed cereal in shallow bowl; set aside. In medium bowl, beat eggs, orange juice and salt with wire whisk until well blended.
- ☐ Spray griddle or 12-inch skillet with cooking spray; heat to 350°F or over medium heat. Dip each slice of bread into egg mixture, turning to coat both sides; coat with cereal.
- ☐ Place on griddle; cook 4 to 6 minutes, turning once, until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:40.95, Glycemic Load:62.17, Inflammation Score:-9, Nutrition Score:30.333913077479%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.45mg, Hesperetin: 4.45mg, Hesperetin: 4.45mg, Hesperetin: 4.45mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 455.67kcal (22.78%), Fat: 5.27g (8.1%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 86.53g (28.84%), Net Carbohydrates: 79.98g (29.08%), Sugar: 12.82g (14.25%), Cholesterol: 65.47mg (21.82%), Sodium: 1020.2mg (44.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.28g (36.56%), Vitamin B1: 1.21mg (80.62%), Folate: 310.27µg (77.57%), Selenium: 52.55µg (75.07%), Manganese: 1.39mg (69.74%), Iron: 10.99mg (61.05%), Vitamin B2: 0.92mg (54.01%), Vitamin B3: 9.67mg (48.36%), Phosphorus: 265.37mg (26.54%), Fiber: 6.55g (26.2%), Vitamin B6: 0.52mg (26.09%), Magnesium: 92.97mg (23.24%), Vitamin C: 18.6mg (22.55%), Vitamin B12: 1.16µg (19.28%), Zinc: 2.58mg (17.18%), Copper: 0.32mg (16.18%), Vitamin A: 669.44IU (13.39%), Potassium: 355.07mg (10.14%), Vitamin B5: 0.94mg (9.42%), Calcium: 89.38mg (8.94%), Vitamin D: 1.01µg (6.75%), Vitamin E: 0.62mg (4.15%), Vitamin K:

1.27µg (1.21%)