



WHATSheATE



Crunchy French Toast



Vegetarian



Popular

READY IN



40 min.

SERVINGS



3

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 of bread cut into quarters
- ☐ 1 cup cornflake cereal
- ☐ 2 large eggs
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon flour all-purpose
- ☐ 2 drops vanilla

Equipment

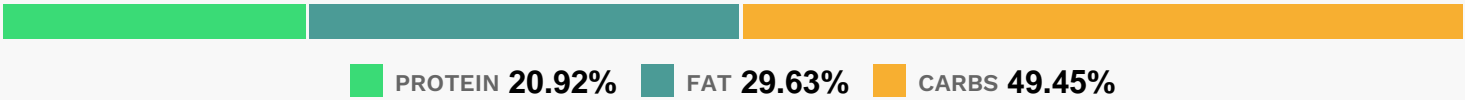
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ ziploc bags
- ☐ spatula
- ☐ rolling pin
- ☐ tongs
- ☐ pie form

Directions

- ☐ Preheat oven, prepare baking sheet: Preheat oven to 400°F. Line a baking sheet with parchment paper or a silicone mat.
- ☐ Lightly toast bread in oven:
- ☐ Put the bread pieces on a lined baking sheet into the warming oven (it does not need to be at full temperature) to toast lightly for 5 minutes. Cool the bread completely.
- ☐ Crush the Corn Flakes: Seal the Corn Flakes in a heavy plastic bag. Crush them with a rolling pin to the size of rolled oats.
- ☐ Pour into a pie pan or a shallow dish. Set aside.
- ☐ Soak bread slices in egg mixture: In a large bowl, whisk to mix the eggs, milk, flour and vanilla until blended. Be sure there are no lumps of unmixed flour.
- ☐ Pour into a pie pan or shallow dish. In batches, lay the bread pieces in the egg mix. Soak about 1 minute on each side in the egg mixture. Be careful not to rip the bread.
- ☐ Coat with crushed Cornflake crumbs:
- ☐ Place the bread pieces in the cornflake crumbs. Coat both sides with the crumbs.
- ☐ Place on the lined baking sheet.
- ☐ Bake at 400°F for 10 minutes on one side. Then flip over with tongs or a spatula and bake another 5 to 10 minutes, until the crumbs begin to turn brown.
- ☐ Eat warm with butter and pancake syrup.

Nutrition Facts



Properties

Glycemic Index:57.22, Glycemic Load:5.43, Inflammation Score:-4, Nutrition Score:9.9091304281484%

Nutrients (% of daily need)

Calories: 149.81kcal (7.49%), Fat: 4.92g (7.58%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 17.42g (6.33%), Sugar: 3.39g (3.77%), Cholesterol: 127.25mg (42.42%), Sodium: 213.98mg (9.3%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 7.82g (15.64%), Selenium: 17.01µg (24.3%), Vitamin B2: 0.38mg (22.37%), Iron: 3.97mg (22.05%), Folate: 65.46µg (16.37%), Vitamin B1: 0.23mg (15.53%), Vitamin B12: 0.91µg (15.16%), Vitamin B3: 2.79mg (13.94%), Vitamin B6: 0.26mg (13.06%), Phosphorus: 127.35mg (12.73%), Manganese: 0.25mg (12.55%), Vitamin D: 1.3µg (8.67%), Vitamin B5: 0.79mg (7.88%), Vitamin A: 390.99IU (7.82%), Calcium: 75.87mg (7.59%), Zinc: 0.83mg (5.54%), Magnesium: 18.63mg (4.66%), Fiber: 1.06g (4.25%), Potassium: 129.12mg (3.69%), Copper: 0.07mg (3.55%), Vitamin E: 0.41mg (2.74%), Vitamin C: 2mg (2.42%), Vitamin K: 1.1µg (1.04%)