

Easy French Toast

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 slices bread
- 1 eggs
- 1 tablespoon ground cinnamon
- 0.8 cup milk
- 1 pinch salt
- 1 teaspoon vanilla extract

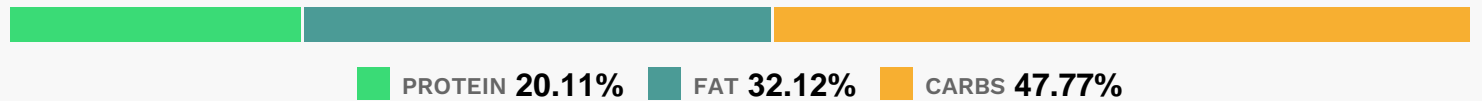
Equipment

- frying pan

Directions

- Beat together egg, milk, cinnamon, vanilla and salt.
- Heat a lightly oiled skillet or griddle over medium heat.
- Soak bread slices in egg mixture for 20 second on each side, or until thoroughly coated. Cook bread until both sides are lightly browned and crisp.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:50.83, Glycemic Load:8.82, Inflammation Score:-3, Nutrition Score:11.101739168167%

Nutrients (% of daily need)

Calories: 178.72kcal (8.94%), Fat: 6.34g (9.75%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 17.96g (6.53%), Sugar: 6.43g (7.14%), Cholesterol: 92.82mg (30.94%), Sodium: 218.41mg (9.5%), Alcohol: 0.69g (100%), Alcohol %: 0.59% (100%), Protein: 8.93g (17.86%), Manganese: 1.05mg (52.34%), Selenium: 16.68µg (23.83%), Calcium: 200.18mg (20.02%), Vitamin B2: 0.3mg (17.7%), Phosphorus: 174.77mg (17.48%), Fiber: 3.24g (12.98%), Vitamin B1: 0.18mg (11.75%), Vitamin B12: 0.69µg (11.5%), Vitamin D: 1.45µg (9.64%), Iron: 1.73mg (9.6%), Vitamin B5: 0.92mg (9.23%), Vitamin B3: 1.74mg (8.7%), Folate: 34.38µg (8.6%), Magnesium: 27.74mg (6.94%), Zinc: 1.03mg (6.84%), Vitamin B6: 0.13mg (6.56%), Potassium: 227.29mg (6.49%), Vitamin A: 279.39IU (5.59%), Copper: 0.07mg (3.66%), Vitamin K: 2.96µg (2.82%), Vitamin E: 0.42mg (2.82%)