



English Muffin French Toast

 Vegetarian

READY IN



500 min.

SERVINGS



6

CALORIES



284 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 large eggs
- ☐ 6 muffins split english
- ☐ 1 cup greek yogurt fat-free
- ☐ 2 tablespoons maple syrup
- ☐ 1 cup nonfat buttermilk
- ☐ 2 teaspoons orange zest
- ☐ 6 servings strawberries fresh chopped
- ☐ 1 teaspoon vanilla extract

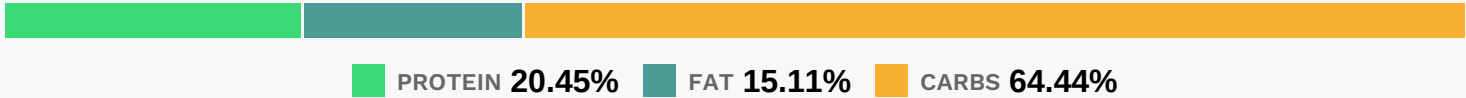
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk together first 4 ingredients in a bowl.
- ☐ Place English muffins in a 13- x 9-inch baking dish, overlapping edges.
- ☐ Pour egg mixture over muffins. Cover and chill 8 to 12 hours.
- ☐ Remove muffins from remaining liquid, discarding liquid.
- ☐ Cook muffins, in batches, in a large skillet coated with cooking spray over medium-high heat 2 to 3 minutes on each side or until muffins are golden. Stir together yogurt and syrup until blended; serve with muffin French toast and toppings.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:23.42, Inflammation Score:-6, Nutrition Score:16.340434768926%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg

Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 283.58kcal (14.18%), Fat: 4.75g (7.31%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 45.61g (15.2%), Net Carbohydrates: 41.12g (14.95%), Sugar: 14.31g (15.9%), Cholesterol: 126.46mg (42.15%), Sodium: 362.21mg (15.75%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Protein: 14.48g (28.95%), Vitamin C: 86.11mg (104.37%), Manganese: 0.93mg (46.33%), Vitamin B2: 0.45mg (26.55%), Phosphorus: 221.88mg (22.19%), Selenium: 14.12µg (20.17%), Folate: 73.85µg (18.46%), Fiber: 4.49g (17.96%), Calcium: 121.89mg (12.19%), Potassium: 405.39mg (11.58%), Vitamin B1: 0.16mg (10.91%), Vitamin B5: 1.06mg (10.59%), Magnesium: 39.98mg (10%), Iron: 1.72mg (9.54%), Vitamin B12: 0.55µg (9.21%), Copper: 0.17mg (8.67%), Vitamin B6: 0.17mg (8.58%), Zinc: 1.26mg (8.38%), Vitamin B3: 1.56mg (7.79%), Vitamin E: 0.77mg (5.15%), Vitamin D: 0.67µg (4.44%), Vitamin A: 201.41IU (4.03%), Vitamin K: 3.27µg (3.11%)