



English Muffin French Toast

READY IN



45 min.

SERVINGS



6

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup egg substitute
- ☐ 6 muffins split english
- ☐ 1 cup milk fat-free
- ☐ 1 teaspoon vanilla extract

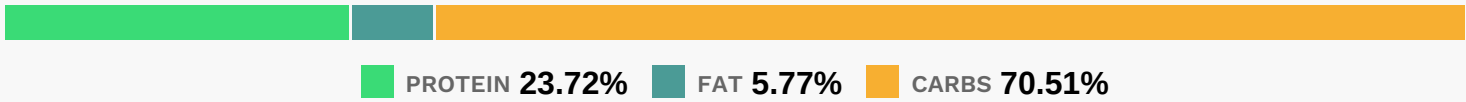
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Stir together first 3 ingredients.
- ☐ Place in a large zip-top plastic bag; add English muffins. Seal and chill 8 hours, turning occasionally.
- ☐ Cook English 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.

Nutrition Facts



Properties

Glycemic Index:18.04, Glycemic Load:19.17, Inflammation Score:-3, Nutrition Score:7.6713043457788%

Nutrients (% of daily need)

Calories: 168.95kcal (8.45%), Fat: 1.06g (1.63%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 27.56g (10.02%), Sugar: 2.95g (3.27%), Cholesterol: 1.23mg (0.41%), Sodium: 360.88mg (15.69%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 9.79g (19.58%), Selenium: 17.34µg (24.77%), Vitamin B2: 0.3mg (17.43%), Phosphorus: 148.34mg (14.83%), Vitamin B1: 0.17mg (11.61%), Calcium: 112.81mg (11.28%), Vitamin B5: 1.06mg (10.64%), Manganese: 0.21mg (10.43%), Vitamin D: 1.09µg (7.26%), Iron: 1.3mg (7.22%), Folate: 28.31µg (7.08%), Vitamin B12: 0.4µg (6.59%), Potassium: 229.05mg (6.54%), Zinc: 0.98mg (6.5%), Fiber: 1.54g (6.16%), Magnesium: 22.95mg (5.74%), Vitamin B6: 0.1mg (5.08%), Vitamin B3: 1mg (5%), Vitamin E: 0.64mg (4.24%), Copper: 0.08mg (4.18%), Vitamin A: 173.3IU (3.47%)