



Fabulous French Toast "Stix"

READY IN



28 min.

SERVINGS



4

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 slices bread
- 3 eggs
- 0.3 cup milk
- 2 cups cornflakes country®
- 1 tablespoon butter
- 1 serving maple syrup

Equipment

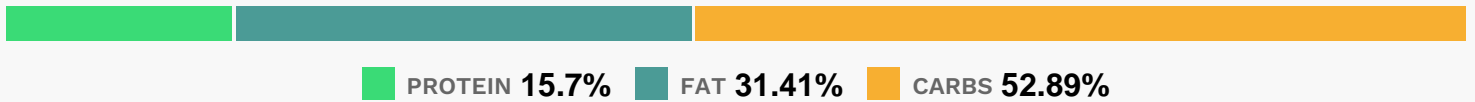
- bowl

- frying pan
- sauce pan
- baking pan
- spatula
- rolling pin

Directions

- Cut each slice of bread into 3 strips.
- Place bread strips in rectangular baking dish, 13x9x2 inches.
- Beat eggs and milk in medium bowl with eggbeater or fork until foamy.
- Pour over bread. Turn bread over, using pancake turner, to coat other side.
- Place cereal in resealable plastic food-storage bag; seal bag. Crush cereal with rolling pin or saucepan.
- Place crushed cereal in pie plate or shallow dish.
- Melt butter in 12-inch skillet over medium heat; tilt skillet so butter covers bottom.
- Remove bread strips from egg mixture, and dip into crushed cereal. Turn bread strips over, using pancake turner, to coat other side.
- Cook cereal-coated bread in butter about 4 minutes or until bottoms are golden brown. Turn bread over. Cook other sides about 4 minutes or until bottoms are golden brown.
- Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:33.29, Glycemic Load:8.65, Inflammation Score:-5, Nutrition Score:13.049565273782%

Nutrients (% of daily need)

Calories: 221.71kcal (11.09%), Fat: 7.77g (11.95%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 27.84g (10.12%), Sugar: 6.79g (7.54%), Cholesterol: 124.59mg (41.53%), Sodium: 320.61mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.47%), Iron: 5.64mg (31.32%), Vitamin B2: 0.52mg

(30.59%), Selenium: 19.65µg (28.07%), Manganese: 0.48mg (24.11%), Folate: 89.32µg (22.33%), Vitamin B1: 0.33mg (21.87%), Vitamin B3: 4.12mg (20.58%), Vitamin B12: 1.08µg (17.99%), Vitamin B6: 0.35mg (17.37%), Phosphorus: 131.95mg (13.19%), Vitamin A: 578.7IU (11.57%), Vitamin D: 1.33µg (8.88%), Vitamin B5: 0.83mg (8.27%), Calcium: 79.44mg (7.94%), Zinc: 0.95mg (6.36%), Fiber: 1.58g (6.33%), Magnesium: 23.89mg (5.97%), Copper: 0.09mg (4.65%), Potassium: 144.13mg (4.12%), Vitamin C: 3mg (3.64%), Vitamin E: 0.53mg (3.55%), Vitamin K: 1.52µg (1.44%)