



Coconut French Toast with Grilled Pineapple and Tropical Salsa

READY IN



45 min.

SERVINGS



8

CALORIES



393 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup egg substitute
- 2 large eggs
- 16 ounce bread french cut into 16 slices
- 0.5 cup granulated sugar
- 1 cup lite coconut milk light
- 2 teaspoons juice of lime fresh
- 1 cup milk 1% low-fat
- 2 mangos ripe peeled chopped

- 1 medium pineapple cored peeled
- 0.3 teaspoon salt
- 1 pint strawberries chopped
- 2 tablespoons coconut sweetened flaked
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- whisk
- spatula
- grill pan

Directions

- To prepare salsa, combine first 4 ingredients; cover and chill.
- Preheat oven to 400
- To prepare French toast, combine egg substitute and next 6 ingredients (egg substitute through eggs) in a large bowl, stirring well with a whisk.
- Place bread in egg mixture; press down with spatula to completely submerge bread in egg mixture.
- Let stand 15 minutes.
- Arrange soaked bread in a single layer on a jelly roll pan coated with cooking spray.
- Bake at 400 for 12 minutes or until set.
- Remove from oven, and keep warm.
- While bread bakes, heat a grill pan over medium-high heat. Coat pan with cooking spray. Arrange 4 pineapple slices in pan; cook 4 minutes on each side or until pineapple begins to brown.
- Remove from pan; keep warm. Repeat procedure with remaining pineapple and cooking spray. Arrange 2 toast pieces on each of 8 plates; top each serving with 1 pineapple slice and 1/2 cup

salsa.

Sprinkle with powdered sugar, if desired.

Nutrition Facts

PROTEIN 13.11% **FAT 13.56%** **CARBS 73.33%**

Properties

Glycemic Index:37.63, Glycemic Load:44.11, Inflammation Score:-8, Nutrition Score:24.247391161711%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.71mg, Pelargonidin: 14.71mg, Pelargonidin: 14.71mg, Pelargonidin: 14.71mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 392.57kcal (19.63%), Fat: 6.09g (9.37%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 74.11g (24.7%), Net Carbohydrates: 68.89g (25.05%), Sugar: 39.74g (44.16%), Cholesterol: 47.97mg (15.99%), Sodium: 536.74mg (23.34%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 13.25g (26.5%), Vitamin C: 108.21mg (131.17%), Manganese: 1.65mg (82.49%), Selenium: 34.39µg (49.14%), Vitamin B1: 0.58mg (38.62%), Folate: 138.05µg (34.51%), Vitamin B2: 0.53mg (31.09%), Fiber: 5.21g (20.85%), Iron: 3.75mg (20.82%), Vitamin B3: 3.99mg (19.93%), Vitamin B6: 0.36mg (17.86%), Phosphorus: 170.65mg (17.06%), Vitamin A: 826.09IU (16.52%), Copper: 0.32mg (16.24%), Potassium: 510.58mg (14.59%), Vitamin B5: 1.41mg (14.09%), Magnesium: 56.14mg (14.03%), Calcium: 126.19mg (12.62%), Zinc: 1.47mg (9.77%), Vitamin E: 1.4mg (9.31%), Vitamin D: 1.05µg (7.03%), Vitamin B12: 0.39µg (6.55%), Vitamin K: 4.8µg (4.57%)