



Fluffy French Toast

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 12 slices bread thick
- 3 eggs
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 cup milk
- 1 pinch salt
- 1 teaspoon vanilla extract
- 1 tablespoon sugar white

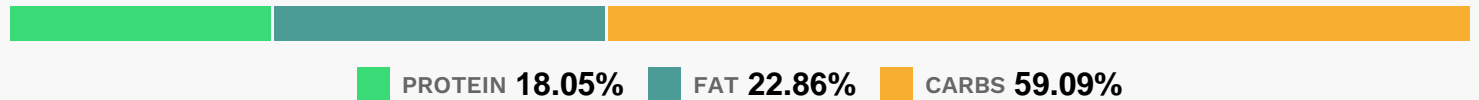
Equipment

- frying pan
- whisk
- mixing bowl

Directions

- Measure flour into a large mixing bowl. Slowly whisk in the milk.
- Whisk in the salt, eggs, cinnamon, vanilla extract and sugar until smooth.
- Heat a lightly oiled griddle or frying pan over medium heat.
- Soak bread slices in mixture until saturated. Cook bread on each side until golden brown.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:9.64, Inflammation Score:-2, Nutrition Score:5.7643478878814%

Nutrients (% of daily need)

Calories: 119.14kcal (5.96%), Fat: 3g (4.61%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 16.19g (5.89%), Sugar: 3.67g (4.08%), Cholesterol: 43.36mg (14.45%), Sodium: 159.12mg (6.92%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Protein: 5.32g (10.64%), Manganese: 0.37mg (18.54%), Selenium: 12.72µg (18.17%), Vitamin B1: 0.15mg (10.09%), Vitamin B2: 0.16mg (9.55%), Vitamin B3: 1.75mg (8.76%), Folate: 33.74µg (8.44%), Phosphorus: 81.32mg (8.13%), Iron: 1.33mg (7.38%), Calcium: 67.44mg (6.74%), Fiber: 1.23g (4.94%), Vitamin B5: 0.49mg (4.86%), Magnesium: 15.9mg (3.98%), Zinc: 0.54mg (3.58%), Vitamin B12: 0.21µg (3.46%), Vitamin B6: 0.06mg (3.18%), Vitamin D: 0.44µg (2.96%), Copper: 0.05mg (2.7%), Potassium: 88.82mg (2.54%), Vitamin A: 93.15IU (1.86%), Vitamin K: 1.5µg (1.43%), Vitamin E: 0.18mg (1.22%)