



WHATSheATE



French Apple-Raisin Sandwiches

READY IN



13 min.

SERVINGS



2

CALORIES



365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup peach pie filling prepared
- ☐ 1 tablespoon butter plus more for topping
- ☐ 2 eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 servings powdered sugar for garnishing, optional
- ☐ 4 slices raisin bread
- ☐ 0.3 cup milk whole

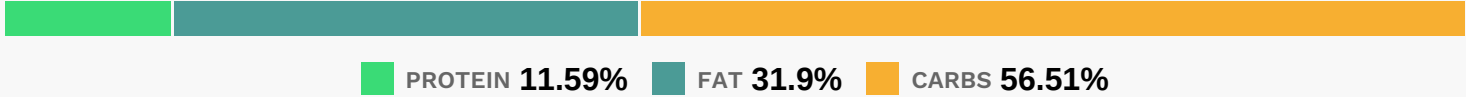
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ baking pan

Directions

- ☐ In a large baking dish, whisk eggs, milk, and cinnamon. Set aside.
- ☐ Place the bread slices in the egg mixture.
- ☐ Let soak until the egg mixture is completely absorbed into the bread, turning over occasionally, for 1 to 2 minutes.
- ☐ Heat a griddle over medium low heat.
- ☐ Add the butter and melt. Cook the bread on the griddle until brown and heated through, about 2 to 4 minutes per side. Make 2 sandwiches with the bread and apple pie filling.
- ☐ Cut each sandwich in half.
- ☐ Transfer to plates and serve with additional butter. Top with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:18.27, Inflammation Score:-4, Nutrition Score:11.22478260683%

Nutrients (% of daily need)

Calories: 364.77kcal (18.24%), Fat: 13.19g (20.29%), Saturated Fat: 6.11g (38.16%), Carbohydrates: 52.56g (17.52%), Net Carbohydrates: 49.6g (18.04%), Sugar: 20.58g (22.87%), Cholesterol: 182.39mg (60.8%), Sodium: 327.5mg (14.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.56%), Selenium: 24.79µg (35.42%), Vitamin B2: 0.46mg (27.1%), Folate: 76.03µg (19.01%), Phosphorus: 180.59mg (18.06%), Manganese: 0.33mg (16.7%), Vitamin B1: 0.22mg (14.56%), Iron: 2.48mg (13.76%), Fiber: 2.96g (11.84%), Calcium: 103.11mg (10.31%), Vitamin B5: 1.02mg (10.23%), Vitamin A: 476.87IU (9.54%), Vitamin B12: 0.57µg (9.47%), Vitamin B3: 1.89mg (9.47%), Copper: 0.17mg (8.44%), Vitamin D: 1.22µg (8.1%), Zinc: 1.1mg (7.35%), Potassium: 254.04mg (7.26%), Vitamin B6: 0.14mg (6.97%), Magnesium: 23.93mg (5.98%), Vitamin E: 0.81mg (5.43%), Vitamin K: 1.97µg (1.88%), Vitamin C: 1.07mg (1.29%)