

French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 large eggs
- ☐ 3 tablespoons milk fat-free
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon butter light
- ☐ 2 tablespoons syrup sugar-free maple-flavored
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 ounce bread whole wheat reduced-carb (such as Arnold)

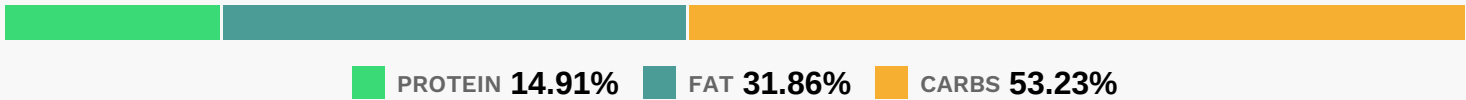
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a shallow dish, stirring well with a whisk.
- ☐ Add bread to dish; let stand 5 minutes, turning once.
- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add bread slices; cook 3 to 4 minutes on each side or until browned and crisp.
- ☐ Serve with sugar-free syrup.
- ☐ Note: The bread we analyzed for in this recipe has 9 grams of carbohydrate and 3 grams of fiber per slice.
- ☐ carbo rating: 11

Nutrition Facts



Properties

Glycemic Index:72.22, Glycemic Load:12.62, Inflammation Score:-3, Nutrition Score:9.9265217266815%

Nutrients (% of daily need)

Calories: 207.84kcal (10.39%), Fat: 7.26g (11.17%), Saturated Fat: 3.4g (21.28%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 25.47g (9.26%), Sugar: 14.59g (16.22%), Cholesterol: 101.1mg (33.7%), Sodium: 322.08mg (14%), Alcohol: 0.34g (100%), Alcohol %: 0.42% (100%), Protein: 7.65g (15.3%), Manganese: 1.12mg (55.96%), Vitamin B2: 0.45mg (26.51%), Selenium: 15.52µg (22.17%), Phosphorus: 136.28mg (13.63%), Calcium: 117.77mg (11.78%), Vitamin B1: 0.15mg (9.83%), Magnesium: 32.35mg (8.09%), Fiber: 1.83g (7.33%), Zinc: 1.09mg (7.25%), Iron: 1.28mg (7.14%), Vitamin B3: 1.33mg (6.63%), Vitamin B5: 0.66mg (6.59%), Folate: 24.19µg (6.05%), Vitamin A: 301.35IU (6.03%), Vitamin B12: 0.36µg (6.03%), Vitamin B6: 0.12mg (5.91%), Potassium: 195.51mg (5.59%), Vitamin D: 0.82µg (5.45%), Copper: 0.08mg (4.21%), Vitamin E: 0.53mg (3.55%), Vitamin K: 2.7µg (2.57%)