



French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup bob's mill garbanzo bean flour
- ☐ 1 tsp cinnamon
- ☐ 1 tsp maple syrup pure
- ☐ 1 cup plant-based milk
- ☐ 0.3 tsp nutmeg
- ☐ 0.3 tsp salt
- ☐ 6 slices bread whole wheat whole

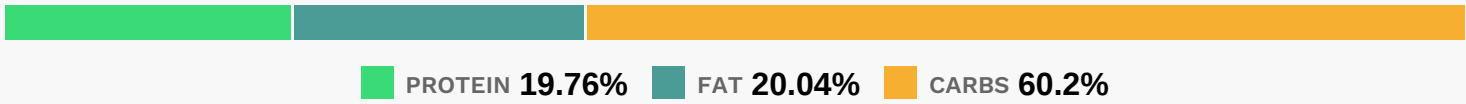
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cut bread diagonally and set aside.
 - ☐ Heat non-stick griddle or flat pan.
 - ☐ Whisk non-dairy milk with remaining ingredients in a shallow bowl. Quickly dip a few bread slices into wet mixture and cook for about 3 minutes on each side, repeating with leftover until no more bread is remaining.
 - ☐ Garnish with powdered sugar and fresh fruit slices.
- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 30g
 - ☐ Carbohydrate
 - ☐ 60gDietary Fiber5.40gSugars7.80gProtein9.90g

Nutrition Facts



Properties

Glycemic Index:70.05, Glycemic Load:14.56, Inflammation Score:-4, Nutrition Score:10.983043599307%

Nutrients (% of daily need)

Calories: 179.36kcal (8.97%), Fat: 4g (6.16%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 23.35g (8.49%), Sugar: 6.7g (7.45%), Cholesterol: 7.32mg (2.44%), Sodium: 362.57mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.76%), Manganese: 1.18mg (58.86%), Selenium: 12.64µg (18.06%), Phosphorus: 175.21mg (17.52%), Vitamin B1: 0.24mg (15.77%), Calcium: 155.63mg (15.56%), Fiber: 3.7g (14.81%), Magnesium: 53.12mg (13.28%), Folate: 50.56µg (12.64%), Vitamin B2: 0.18mg (10.85%), Vitamin B3: 2.07mg (10.34%), Copper: 0.17mg (8.38%), Iron: 1.5mg (8.34%), Vitamin B6: 0.17mg (8.3%), Zinc: 1.23mg (8.18%), Potassium: 267.2mg (7.63%), Vitamin B5: 0.56mg (5.63%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.67µg (4.47%), Vitamin K:

4.34µg (4.14%), Vitamin E: 0.33mg (2.23%), Vitamin A: 105.21IU (2.1%)