



French Toast Bites

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 lb bread artisan-style
- ☐ 6 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup milk 1% 2% low-fat (or)
- ☐ 2 teaspoons vanilla

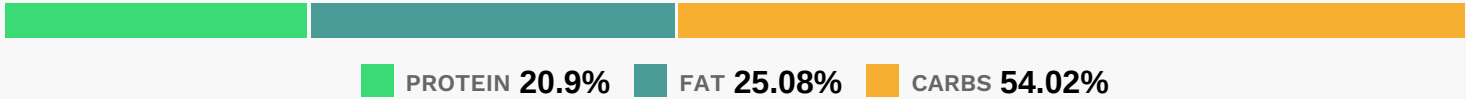
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut bread into 1-inch-thick slices. Trim crusts; cut bread into 1-inch cubes. In a bowl, beat eggs, milk, vanilla, and cinnamon.
- ☐ Add 2 cups bread cubes and mix to saturate.
- ☐ Lightly butter a 10- to 12-inch nonstick frying pan.
- ☐ Place pan over medium-high heat. Lift bread cubes from mixture, shaking off excess liquid.
- ☐ Add cubes to hot pan and cook (adjust heat if necessary), turning as needed, until golden brown, about 5 minutes. Keep warm.
- ☐ Repeat to soak and cook remaining cubes. Discard any remaining egg mixture.

Nutrition Facts



Properties

Glycemic Index:10.61, Glycemic Load:19.3, Inflammation Score:-4, Nutrition Score:15.525217292749%

Nutrients (% of daily need)

Calories: 291.64kcal (14.58%), Fat: 7.99g (12.29%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 35.5g (12.91%), Sugar: 6.62g (7.36%), Cholesterol: 165.65mg (55.22%), Sodium: 435.56mg (18.94%), Alcohol: 0.46g (100%), Alcohol %: 0.36% (100%), Protein: 14.98g (29.95%), Selenium: 36.12µg (51.6%), Manganese: 0.98mg (48.8%), Vitamin B2: 0.45mg (26.36%), Vitamin B1: 0.35mg (23.4%), Phosphorus: 225.45mg (22.54%), Vitamin B3: 4.31mg (21.57%), Folate: 85.75µg (21.44%), Iron: 3.52mg (19.56%), Calcium: 172.19mg (17.22%), Vitamin B5: 1.44mg (14.38%), Fiber: 3.2g (12.8%), Vitamin B12: 0.63µg (10.53%), Magnesium: 41.36mg (10.34%), Zinc: 1.53mg (10.2%), Vitamin B6: 0.18mg (9.16%), Vitamin D: 1.31µg (8.75%), Copper: 0.15mg (7.3%), Potassium: 233.26mg (6.66%), Vitamin A: 317.19IU (6.34%), Vitamin E: 0.62mg (4.14%), Vitamin K: 3.98µg (3.79%)