



French Toast Corners

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



124 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon butter
- 2 eggs
- 0.5 teaspoon ground cinnamon
- 0.7 cup milk
- 1 teaspoon vanilla extract
- 6 slices bread white

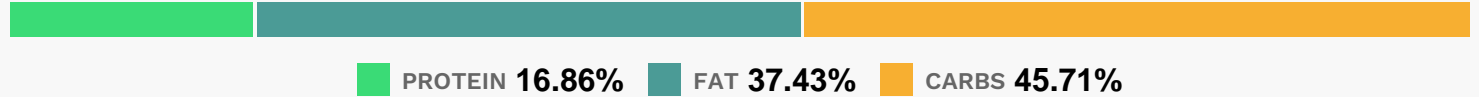
Equipment

- frying pan

Directions

- Cut each slice of bread twice diagonally to make each slice into 4 triangles.
- Beat together eggs, milk, vanilla and cinnamon. Dip the bread slices into egg mixture.
- Heat butter over medium-high heat in a frying pan or skillet. Cook bread until golden brown.
- Serve warm with your favorite topping.

Nutrition Facts



Properties

Glycemic Index:27.96, Glycemic Load:9.25, Inflammation Score:-2, Nutrition Score:5.212173897692%

Nutrients (% of daily need)

Calories: 123.8kcal (6.19%), Fat: 5.05g (7.78%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 13.23g (4.81%), Sugar: 2.78g (3.09%), Cholesterol: 62.83mg (20.94%), Sodium: 165.46mg (7.19%), Alcohol: 0.23g (100%), Alcohol %: 0.42% (100%), Protein: 5.12g (10.24%), Selenium: 10.85µg (15.49%), Vitamin B1: 0.15mg (9.87%), Vitamin B2: 0.17mg (9.76%), Calcium: 96.61mg (9.66%), Manganese: 0.18mg (9.19%), Folate: 34.72µg (8.68%), Phosphorus: 85.38mg (8.54%), Iron: 1.11mg (6.18%), Vitamin B3: 1.24mg (6.18%), Vitamin B12: 0.28µg (4.68%), Vitamin B5: 0.46mg (4.63%), Vitamin D: 0.59µg (3.94%), Vitamin A: 182.17IU (3.64%), Zinc: 0.53mg (3.51%), Vitamin B6: 0.06mg (3.25%), Magnesium: 11.99mg (3%), Fiber: 0.66g (2.65%), Potassium: 92.42mg (2.64%), Copper: 0.04mg (2.14%), Vitamin E: 0.28mg (1.87%)