



French Toast Fingers

 Vegetarian

READY IN



25 min.

SERVINGS



5

CALORIES



241 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 cups fruit-flavored rice cereal sweetened
- 3 eggs
- 1 dash ground cinnamon
- 0.3 cup milk
- 10 slices grain bread whole wheat whole such as , honey oat, 7 grain or raisin
- 1 tsp vanilla

Equipment

- bowl

baking sheet

oven

Directions

Preheat oven to 350F. Beat eggs with milk, vanilla and cinnamon in shallow bowl until well blended.

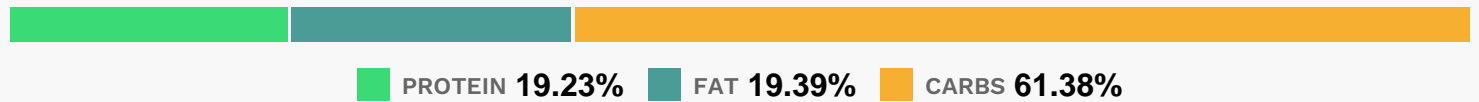
Dip bread slices into egg mixture, then dip into cereal, turning to evenly coat both sides of bread. Gently press cereal into bread to secure.

Place on lightly greased baking sheet.

Bake 20 min. or until golden brown.

Cut each slice into four strips to serve.

Nutrition Facts



Properties

Glycemic Index:22.54, Glycemic Load:14.7, Inflammation Score:-6, Nutrition Score:19.654782637306%

Nutrients (% of daily need)

Calories: 240.85kcal (12.04%), Fat: 5.15g (7.92%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 36.65g (12.22%), Net Carbohydrates: 32.92g (11.97%), Sugar: 4.34g (4.83%), Cholesterol: 99.67mg (33.22%), Sodium: 403.43mg (17.54%), Alcohol: 0.29g (100%), Alcohol %: 0.34% (100%), Protein: 11.49g (22.97%), Manganese: 1.72mg (86.18%), Selenium: 25.44µg (36.34%), Iron: 6.41mg (35.6%), Folate: 135.98µg (33.99%), Vitamin B1: 0.42mg (28.28%), Vitamin B2: 0.45mg (26.31%), Vitamin B3: 5.02mg (25.09%), Zinc: 3.26mg (21.72%), Vitamin B6: 0.42mg (21.18%), Phosphorus: 203.47mg (20.35%), Vitamin B12: 1.06µg (17.59%), Calcium: 173.12mg (17.31%), Fiber: 3.74g (14.94%), Magnesium: 52.02mg (13.01%), Vitamin B5: 1.03mg (10.34%), Copper: 0.18mg (9.1%), Vitamin A: 414.61IU (8.29%), Vitamin D: 1.16µg (7.74%), Potassium: 222.22mg (6.35%), Vitamin K: 4.68µg (4.46%), Vitamin E: 0.64mg (4.25%), Vitamin C: 3mg (3.64%)