



## French Toast for a Queen

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 8 slices challah bread sweet french (8 to 12 oz. total)
- 2 large egg whites
- 2 large eggs
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 4 servings maple syrup
- 0.8 cup nonfat milk
- 4 servings orange wedges

- 4 servings powdered sugar
- 2 teaspoons sugar
- 1 tablespoon vanilla

## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- spatula

## Directions

- In a shallow bowl, whisk to blend eggs, egg whites, milk, vanilla, sugar, cinnamon, and nutmeg.
- Lightly mist a 10- by 15-inch nonstick pan with cooking oil spray.
- Soak bread thoroughly on each side, a few pieces at a time, in egg mixture.
- Place slices slightly apart in a single layer in baking pan.
- Bake in a 500 oven until toast is golden on bottom, about 5 minutes. With a wide spatula, turn slices over and bake until other side is browned, about 3 to 4 minutes longer.
- Transfer hot French toast to plates.
- Sprinkle with powdered sugar, drizzle with maple syrup, and serve with orange wedges, squeezing juice onto toast.

## Nutrition Facts



PROTEIN 13.9% FAT 16.06% CARBS 70.04%

## Properties

Glycemic Index:64.34, Glycemic Load:10.69, Inflammation Score:-7, Nutrition Score:23.146521723789%

## Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## **Nutrients (% of daily need)**

Calories: 509.92kcal (25.5%), Fat: 8.97g (13.8%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 87.96g (29.32%), Net Carbohydrates: 83.2g (30.26%), Sugar: 35.09g (38.99%), Cholesterol: 148.44mg (49.48%), Sodium: 486.84mg (21.17%), Alcohol: 1.12g (100%), Alcohol %: 0.45% (100%), Protein: 17.46g (34.92%), Selenium: 44.32µg (63.31%), Vitamin B2: 1mg (59.07%), Vitamin C: 47.89mg (58.05%), Manganese: 1.08mg (53.89%), Vitamin B1: 0.59mg (39.53%), Folate: 151.74µg (37.93%), Vitamin B3: 5.52mg (27.6%), Calcium: 235.37mg (23.54%), Phosphorus: 226.71mg (22.67%), Iron: 3.82mg (21.22%), Fiber: 4.76g (19.03%), Potassium: 474.44mg (13.56%), Vitamin A: 655.74IU (13.11%), Copper: 0.24mg (12.01%), Magnesium: 44.44mg (11.11%), Vitamin B5: 1.1mg (11.05%), Zinc: 1.59mg (10.58%), Vitamin B12: 0.61µg (10.16%), Vitamin B6: 0.19mg (9.66%), Vitamin D: 1.43µg (9.53%), Vitamin E: 0.71mg (4.71%), Vitamin K: 1.11µg (1.05%)