



French Toast for Two

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



63 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 Tbsp brown sugar
- 2 oz philadelphia cream cheese softened ()
- 2 eggs
- 1 tsp ground cinnamon divided
- 0.3 cup maple syrup warmed
- 0.5 cup milk
- 1 tsp vanilla
- 4 slices bread white firm

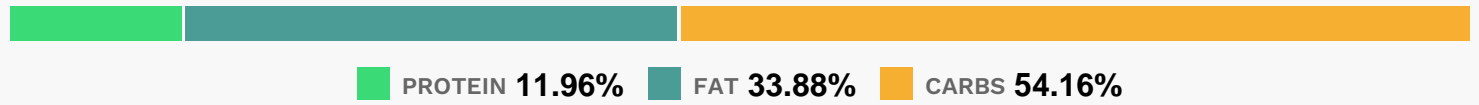
Equipment

- frying pan
- whisk

Directions

- Mix cream cheese, sugar and 1/2 tsp. cinnamon until blended; spread onto 2 bread slices. Cover with remaining bread slices to make 2 sandwiches.
- Whisk eggs, milk, vanilla and remaining cinnamon in pie plate until blended.
- Dip sandwiches, 1 at a time, into egg mixture, turning to evenly moisten both sides of each sandwich. Cook in large nonstick skillet sprayed with cooking spray on medium heat 2 to 3 min. on each side or until golden brown on both sides.
- Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:3.86, Inflammation Score:-1, Nutrition Score:2.3617391305287%

Nutrients (% of daily need)

Calories: 63.26kcal (3.16%), Fat: 2.36g (3.63%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 8.24g (3%), Sugar: 4.94g (5.49%), Cholesterol: 26.62mg (8.87%), Sodium: 55.84mg (2.43%), Alcohol: 0.1g (100%), Alcohol %: 0.39% (100%), Protein: 1.88g (3.75%), Manganese: 0.2mg (9.84%), Vitamin B2: 0.13mg (7.72%), Selenium: 3.84µg (5.49%), Calcium: 39.3mg (3.93%), Phosphorus: 31.57mg (3.16%), Vitamin B1: 0.05mg (3.01%), Folate: 10.52µg (2.63%), Iron: 0.36mg (1.98%), Vitamin A: 96.2IU (1.92%), Vitamin B5: 0.18mg (1.79%), Vitamin B12: 0.1µg (1.74%), Vitamin B3: 0.34mg (1.71%), Zinc: 0.23mg (1.52%), Vitamin D: 0.21µg (1.38%), Potassium: 47.39mg (1.35%), Magnesium: 5.16mg (1.29%), Vitamin B6: 0.02mg (1.19%)