



French Toast Roll-Ups

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



494 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings apples sliced
- 8 servings banana sliced
- 8 servings butter for coating skillet
- 8 servings cream cheese softened
- 2 eggs
- 1 teaspoon ground cinnamon
- 3 tablespoons milk
- 8 servings peanut butter

- 0.3 cup sugar
- 8 slices sandwich bread white

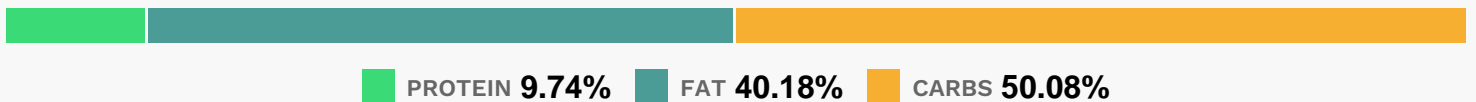
Equipment

- frying pan
- whisk
- rolling pin

Directions

- Cut crusts from slices of white bread, and flatten bread with rolling pin.
- Spread desired filling on 1 side of each slice of bread. You could combine cream cheese with fruit, or peanut butter and banana. Whatever flavor combination you would love! Tightly roll up the slice of bread. Continue for remaining slices.
- In shallow dish, beat eggs and milk with whisk. In another dish, mix sugar and cinnamon.
- In 10-inch skillet, melt butter over medium heat to coat inside of skillet. Dip each roll into egg mixture, and place in skillet. Cook in batches of 3 or 4, turning until roll is browned. Dip into cinnamon sugar, and roll until completely covered.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.71, Glycemic Load:31.71, Inflammation Score:-7, Nutrition Score:17.071304388668%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 8.5mg, Catechin: 8.5mg, Catechin: 8.5mg, Catechin: 8.5mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 494.34kcal (24.72%), Fat: 23.43g (36.04%), Saturated Fat: 6.82g (42.61%), Carbohydrates: 65.69g (21.9%), Net Carbohydrates: 58.67g (21.33%), Sugar: 35.24g (39.16%), Cholesterol: 53.35mg (17.78%), Sodium: 311.57mg (13.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.56%), Manganese: 1.03mg (51.33%), Vitamin B6: 0.68mg (33.82%), Vitamin B3: 6.36mg (31.81%), Fiber: 7.02g (28.08%), Magnesium: 100.31mg (25.08%), Vitamin E: 3.46mg (23.05%), Folate: 87.77µg (21.94%), Potassium: 755.07mg (21.57%), Phosphorus: 201.22mg (20.12%), Vitamin B2: 0.29mg (17.24%), Selenium: 12.05µg (17.21%), Vitamin C: 13.85mg (16.78%), Vitamin B1: 0.23mg (15.25%), Copper: 0.29mg (14.51%), Vitamin B5: 1.13mg (11.34%), Iron: 2.02mg (11.2%), Calcium: 96.32mg (9.63%), Zinc: 1.43mg (9.51%), Vitamin A: 322.27IU (6.45%), Vitamin K: 2.65µg (2.52%), Vitamin B12: 0.14µg (2.32%), Vitamin D: 0.28µg (1.88%)