



French Toast Soldiers

 Vegetarian

READY IN



18 min.

SERVINGS



6

CALORIES



312 kcal

SIDE DISH

Ingredients

- ☐ 3 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 8.1 ounce bread crumbs italian halved lengthwise
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 cup milk 2% reduced-fat
- ☐ 0.3 cup maple syrup
- ☐ 1 cup strawberries hulled
- ☐ 1 teaspoon vanilla extract

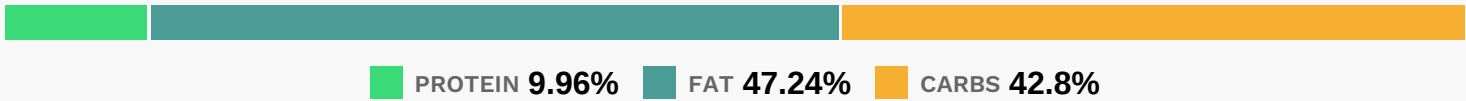
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 25
- ☐ Place a baking sheet in oven.
- ☐ Combine first 4 ingredients in a medium bowl, stirring with a whisk.
- ☐ Add milk; whisk until well blended. Working in batches, dip bread strips in milk mixture, turning gently to coat both sides.
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 6 coated bread strips to pan; saut 1 to 2 minutes on each side or until lightly browned.
- ☐ Place on preheated pan in oven to keep warm. Repeat procedure with cooking spray and remaining bread strips.
- ☐ Place syrup and strawberries in a food processor; process until smooth.
- ☐ Serve with French toast strips.
- ☐ Sprinkle each serving with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:13.58, Glycemic Load:3.85, Inflammation Score:0, Nutrition Score:8.0104348840921%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 312.46kcal (15.62%), Fat: 16.34g (25.13%), Saturated Fat: 8.36g (52.24%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 31.39g (11.42%), Sugar: 23.17g (25.74%), Cholesterol: 94.97mg (31.66%), Sodium: 242.8mg (10.56%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 7.75g (15.49%), Vitamin B2: 0.38mg (22.36%), Manganese: 0.44mg (22.01%), Vitamin C: 14.12mg (17.11%), Selenium: 8.6µg (12.29%), Phosphorus: 110.08mg (11.01%), Folate: 42.42µg (10.6%), Vitamin B3: 1.89mg (9.47%), Calcium: 83.8mg (8.38%), Vitamin B12: 0.46µg (7.71%), Fiber: 1.91g (7.63%), Iron: 1.37mg (7.61%), Potassium: 248.71mg (7.11%), Vitamin B1: 0.1mg (6.72%), Vitamin D: 0.93µg (6.22%), Vitamin B5: 0.56mg (5.56%), Magnesium: 20.34mg (5.09%), Zinc: 0.7mg (4.66%), Vitamin A: 215.46IU (4.31%), Vitamin B6: 0.08mg (3.89%), Vitamin E: 0.34mg (2.29%), Copper: 0.03mg (1.55%)