



French Toast Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 7 ounces bread french ()
- ☐ 1 tablespoon butter melted
- ☐ 2 large eggs
- ☐ 1 cup skim milk fat-free
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon vanilla extract

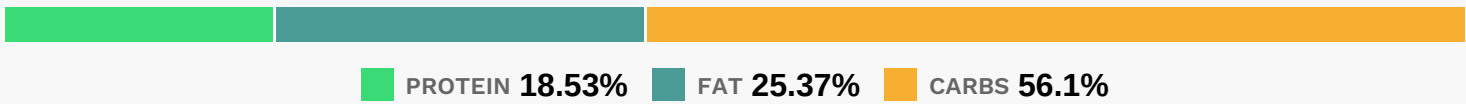
Equipment

- ☐ whisk
- ☐ baking pan
- ☐ waffle iron

Directions

- ☐ Coat waffle iron with cooking spray, and preheat.
- ☐ Combine milk and the next 5 ingredients (milk through eggs), stirring well with a whisk.
- ☐ Place bread in a 13 x 9-inch baking dish; pour milk mixture over bread, turning to coat.
- ☐ Let stand 5 minutes.
- ☐ Place 4 bread slices on hot waffle iron. Cook 3 to 5 minutes or until done; repeat the procedure with the remaining bread.

Nutrition Facts



Properties

Glycemic Index:59.71, Glycemic Load:22.94, Inflammation Score:-4, Nutrition Score:10.651739066467%

Nutrients (% of daily need)

Calories: 231.66kcal (11.58%), Fat: 6.48g (9.97%), Saturated Fat: 2.87g (17.97%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 31.02g (11.28%), Sugar: 8.61g (9.56%), Cholesterol: 102.36mg (34.12%), Sodium: 381.92mg (16.61%), Alcohol: 0.34g (100%), Alcohol %: 0.3% (100%), Protein: 10.65g (21.3%), Selenium: 23.15µg (33.07%), Vitamin B1: 0.4mg (26.46%), Vitamin B2: 0.41mg (24.07%), Folate: 74.12µg (18.53%), Phosphorus: 168.19mg (16.82%), Manganese: 0.31mg (15.74%), Iron: 2.4mg (13.34%), Vitamin B3: 2.49mg (12.46%), Calcium: 124.13mg (12.41%), Vitamin B12: 0.58µg (9.73%), Vitamin D: 1.17µg (7.82%), Vitamin B5: 0.77mg (7.73%), Zinc: 1.12mg (7.49%), Vitamin A: 348.15IU (6.96%), Magnesium: 26.57mg (6.64%), Vitamin B6: 0.13mg (6.59%), Potassium: 198.29mg (5.67%), Fiber: 1.22g (4.9%), Copper: 0.1mg (4.82%), Vitamin E: 0.45mg (3.02%)