



French Toast with Gingered Applesauce

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup apple sauce
- 2 egg whites fat-free
- 0.8 cup skim milk fat-free (skim)
- 0.5 teaspoon ground ginger grated
- 0.3 cup maple syrup sugar-free maple-flavored
- 0.3 teaspoon salt
- 1 teaspoon vanilla
- 8 slices sandwich bread

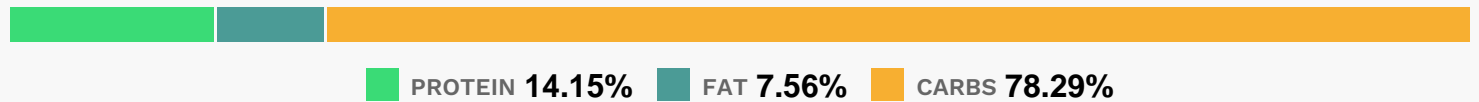
Equipment

- bowl
- frying pan
- whisk
- microwave

Directions

- Stir together gingerroot, applesauce and syrup in small microwavable bowl. Microwave uncovered on Medium (50%) about 1 minute or until very warm; set aside.
- Beat eggs and egg white, milk, vanilla and salt in small bowl with fork or wire whisk until well mixed; pour into shallow bowl.
- Spray griddle or 10-inch skillet with cooking spray; heat griddle to 375 or heat skillet over medium heat. Dip bread into egg mixture, coating both sides. Cook about 2 minutes on each side or until golden brown.
- Serve with applesauce mixture.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:23.23, Inflammation Score:-3, Nutrition Score:10.091739068213%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 229.28kcal (11.46%), Fat: 1.9g (2.92%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 44.27g (14.76%), Net Carbohydrates: 42.75g (15.54%), Sugar: 20.15g (22.39%), Cholesterol: 1.38mg (0.46%), Sodium: 430.16mg (18.7%), Alcohol: 0.34g (100%), Alcohol %: 0.27% (100%), Protein: 8g (16%), Manganese: 0.86mg (42.77%), Vitamin B2: 0.51mg (30.13%), Selenium: 15.75µg (22.5%), Vitamin B1: 0.3mg (20.08%), Calcium: 190.83mg (19.08%), Folate: 57.97µg (14.49%), Vitamin B3: 2.52mg (12.6%), Phosphorus: 109.91mg (10.99%), Iron: 1.84mg (10.2%), Potassium:

232.33mg (6.64%), Magnesium: 26.46mg (6.62%), Fiber: 1.52g (6.08%), Zinc: 0.81mg (5.41%), Vitamin B5: 0.47mg (4.75%), Vitamin B12: 0.28µg (4.67%), Vitamin B6: 0.08mg (4.17%), Copper: 0.08mg (3.83%), Vitamin D: 0.51µg (3.37%), Vitamin A: 103.13IU (2.06%), Vitamin E: 0.16mg (1.06%)