



French Toast with Maple-Apple Compote

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 teaspoons butter
- ☐ 1 ounce egg bread loaf – crusts
- ☐ 4 large eggs lightly beaten
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup milk 2% reduced-fat

- ☐ 0.3 cup maple syrup
- ☐ 1.5 pounds pink lady apples peeled sliced
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons vanilla extract

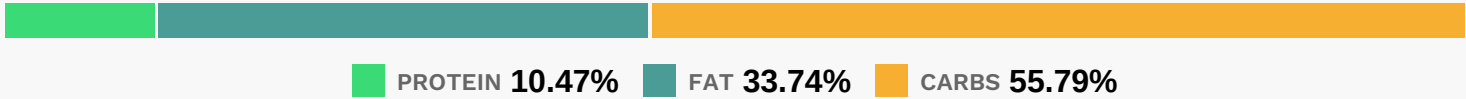
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 25
- ☐ Place wire rack on a baking sheet and place in oven.
- ☐ To prepare compote, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray; melt 1 tablespoon butter in pan.
- ☐ Add apples to pan; saut 8 minutes or until tender. Stir in maple syrup and 1/2 teaspoon cinnamon. Keep warm.
- ☐ To prepare French toast, combine granulated sugar and 1 teaspoon cinnamon in a medium bowl, stirring with a whisk.
- ☐ Add milk, vanilla, salt, and eggs; whisk until well blended. Working with 1 bread slice at a time, place bread slice into milk mixture, turning gently to coat both sides.
- ☐ Heat a large nonstick skillet over medium-high heat. Melt 1 teaspoon butter in pan.
- ☐ Add 3 coated bread slices; cook 2 minutes on each side or until lightly browned.
- ☐ Place on rack in oven to keep warm. Repeat procedure three times with cooking spray, remaining 3 teaspoons butter, and remaining 9 coated bread slices.
- ☐ Serve French toast with compote.
- ☐ Sprinkle with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:41.43, Glycemic Load:10.24, Inflammation Score:-4, Nutrition Score:8.3739131326261%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 237.19kcal (11.86%), Fat: 9.04g (13.91%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 30.54g (11.11%), Sugar: 26.21g (29.12%), Cholesterol: 141.74mg (47.25%), Sodium: 171.21mg (7.44%), Alcohol: 0.46g (100%), Alcohol %: 0.27% (100%), Protein: 6.31g (12.62%), Vitamin B2: 0.45mg (26.45%), Manganese: 0.48mg (23.87%), Selenium: 12.74µg (18.19%), Fiber: 3.1g (12.38%), Phosphorus: 121.43mg (12.14%), Calcium: 98.28mg (9.83%), Vitamin A: 434.41IU (8.69%), Vitamin B12: 0.52µg (8.66%), Potassium: 263.6mg (7.53%), Vitamin B5: 0.74mg (7.42%), Folate: 26.2µg (6.55%), Vitamin C: 5.31mg (6.44%), Vitamin B6: 0.12mg (6.12%), Zinc: 0.81mg (5.41%), Vitamin B1: 0.08mg (5.2%), Iron: 0.93mg (5.18%), Vitamin E: 0.72mg (4.81%), Magnesium: 18.29mg (4.57%), Vitamin D: 0.69µg (4.57%), Copper: 0.07mg (3.38%), Vitamin K: 3.27µg (3.11%), Vitamin B3: 0.42mg (2.1%)