



French Toast with Maple-Apple Compote

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 teaspoons butter
- ☐ 1 ounce egg bread loaf – crusts
- ☐ 4 large eggs lightly beaten
- ☐ 2 tablespoons 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

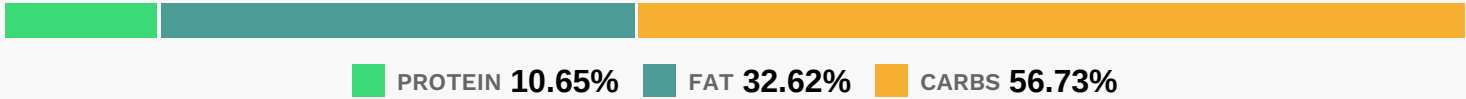
Equipment

- ☐ 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:0, Nutrition Score:8.5430434890415%

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: 234.44kcal (11.72%), Fat: 8.64g (13.29%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 30.69g (11.16%), Sugar: 26.17g (29.07%), Cholesterol: 140.56mg (46.85%), Sodium: 168.06mg (7.31%), Alcohol: 0.46g (100%), Alcohol %: 0.27% (100%), Protein: 6.34g (12.68%), Vitamin B2: 0.43mg (25.41%), Manganese: 0.47mg (23.65%), Selenium: 12.58µg (17.97%), Phosphorus: 125.76mg (12.58%), Fiber: 3.1g (12.38%), Calcium: 100.64mg (10.06%), Vitamin A: 471.38IU (9.43%), Vitamin B12: 0.55µg (9.18%), Potassium: 271.08mg (7.75%), Vitamin D: 1.12µg (7.45%), Vitamin B5: 0.74mg (7.44%), Vitamin B6: 0.13mg (6.55%), Vitamin C: 5.24mg (6.35%), Folate: 25.02µg (6.25%), Vitamin B1: 0.09mg (5.67%), Zinc: 0.79mg (5.28%), Iron: 0.92mg (5.14%), Vitamin E: 0.72mg (4.78%), Magnesium: 18.68mg (4.67%), Copper: 0.07mg (3.28%), Vitamin K: 3.23µg (3.08%), Vitamin B3: 0.43mg (2.14%)