



Gingerbread French Toast



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



342 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup bob's mill garbanzo bean flour
- ☐ 1 tsp cinnamon
- ☐ 1 tsp ground ginger
- ☐ 0.3 cup maple syrup pure
- ☐ 0.5 tsp nutmeg
- ☐ 1 cup soy milk fat-free
- ☐ 8 slices bread whole wheat

Equipment

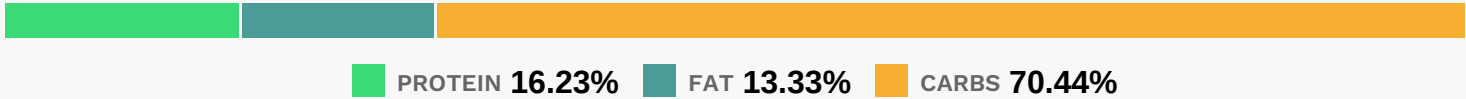
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk all ingredients (except bread) together and pour into a shallow dish.
- ☐ Heat a non-stick skillet over med-high heat and spray with cooking spray. Soak bread slices in the milk mixture and then transfer to the heated skillet. Cook each side for about two minutes or until slightly brown and crisp, respraying skillet between batches or as necessary.

- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 80g
 - ☐ Carbohydrate
 - ☐ 90gDietary Fiber8.60gSugars25.90gProtein15.80g

Nutrition Facts



Properties

Glycemic Index:91.87, Glycemic Load:29.66, Inflammation Score:-6, Nutrition Score:21.302608469258%

Nutrients (% of daily need)

Calories: 342.28kcal (17.11%), Fat: 5.05g (7.78%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 60.07g (20.02%), Net Carbohydrates: 53.57g (19.48%), Sugar: 22.59g (25.1%), Cholesterol: 0mg (0%), Sodium: 384.46mg (16.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.69%), Manganese: 2.73mg (136.66%), Vitamin B2: 0.63mg (37.26%), Selenium: 22.27µg (31.82%), Vitamin B3: 6.17mg (30.85%), Calcium: 275.63mg (27.56%), Vitamin B1: 0.41mg (27.25%), Fiber: 6.5g (25.98%), Folate: 100.64µg (25.16%), Magnesium: 82.2mg (20.55%), Vitamin B6: 0.4mg (19.97%), Phosphorus: 192.44mg (19.24%), Copper: 0.37mg (18.31%), Iron: 3.01mg (16.75%), Vitamin E: 2.49mg (16.59%), Vitamin B12: 0.85µg (14.16%), Zinc: 2.02mg (13.45%), Potassium: 455.5mg (13.01%), Vitamin C: 5.71mg (6.92%), Vitamin K: 7.01µg (6.68%), Vitamin A: 318.61IU (6.37%), Vitamin D: 0.94µg (6.29%), Vitamin B5: 0.58mg (5.79%)