



Grilled French Toast Kebabs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings berry syrup
- 4 servings butter melted
- 4 large eggs
- 1 teaspoon vanilla extract
- 0.8 cup milk whole
- 1 lb day-old pain au levain
- 1 lb day-old pain au levain

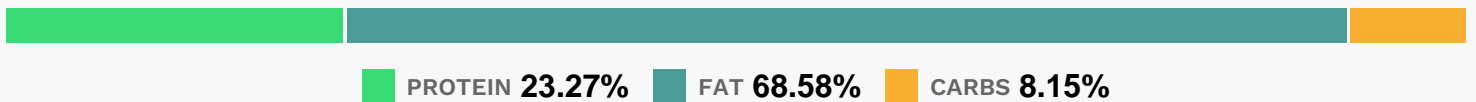
Equipment

- bowl
- paper towels
- whisk
- grill
- skewers
- tongs
- wooden skewers

Directions

- Soak 12 wooden skewers (10 to 12 in.) in water to cover for 20 minutes; drain. Meanwhile, heat a grill to medium (350).
- Cut enough bread into 1-in. chunks, including some crust on each, to make 2 qts; save extra for other uses.
- Whisk milk, eggs, and vanilla in a large bowl to blend.
- Mix in bread to coat, then thread onto skewers.
- Oil cooking grate, using tongs and an oiled wad of paper towels. Grill skewers, covered, until browned, turning once, 3 to 4 minutes.
- Serve with butter and syrup and dust with powdered sugar if you like.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:6.3126086883409%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 138.19kcal (6.91%), Fat: 10.28g (15.82%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.72g (0.99%), Sugar: 2.6g (2.89%), Cholesterol: 202.24mg (67.41%), Sodium: 120.64mg (5.24%), Alcohol: 0.34g (100%), Alcohol %: 0.42% (100%), Protein: 7.85g (15.7%), Selenium: 16.27µg (23.24%), Vitamin B2: 0.29mg (17.33%), Phosphorus: 146.58mg (14.66%), Vitamin B12: 0.7µg (11.68%), Vitamin D: 1.5µg (10.02%), Vitamin B5: 0.94mg (9.44%), Vitamin A: 469.52IU (9.39%), Calcium: 85.66mg (8.57%), Folate: 23.72µg (5.93%), Vitamin B6: 0.11mg (5.7%), Zinc: 0.84mg (5.59%), Iron: 0.88mg (4.88%), Vitamin E: 0.67mg (4.46%), Potassium: 140.85mg (4.02%), Vitamin B1: 0.05mg (3.09%), Magnesium: 11.76mg (2.94%), Copper: 0.04mg (1.88%)