



WHATSheATE



## Guiltless French Toast



Vegetarian

READY IN



16 min.

SERVINGS



4

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 egg whites
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 slices kiwi fruit fresh
- ☐ 0.3 cup maple syrup
- ☐ 4 slices bread whole
- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon vanilla extract

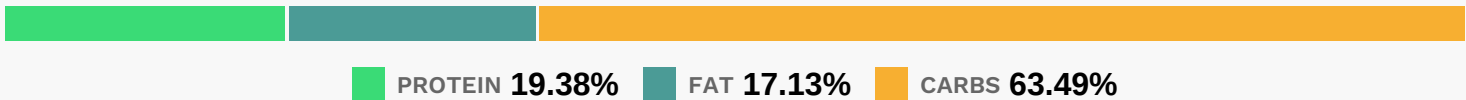
# Equipment

- ☐ frying pan
- ☐ whisk

# Directions

- ☐ Whisk together first 4 ingredients in a shallow dish. Dip bread slices in egg mixture, coating both sides.
- ☐ Melt butter on a griddle or in a large nonstick skillet over medium heat.
- ☐ Place bread slices on hot griddle, and pour remaining egg mixture over bread slices. Cook 3 to 4 minutes on each side or until golden.
- ☐ Drizzle with maple syrup, and top with fruit.

# Nutrition Facts



# Properties

Glycemic Index:66.47, Glycemic Load:15.63, Inflammation Score:-5, Nutrition Score:13.333912984185%

# Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

# Nutrients (% of daily need)

Calories: 225.42kcal (11.27%), Fat: 4.17g (6.42%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 31.47g (11.44%), Sugar: 19.49g (21.66%), Cholesterol: 7.53mg (2.51%), Sodium: 252.66mg (10.99%), Alcohol: 1.12g (100%), Alcohol %: 0.81% (100%), Protein: 10.62g (21.24%), Manganese: 1.21mg (60.42%), Vitamin C: 41.38mg (50.16%), Vitamin B2: 0.59mg (34.46%), Selenium: 19.38µg (27.69%), Vitamin K: 20.74µg (19.75%), Fiber: 3.33g (13.31%), Magnesium: 42.05mg (10.51%), Vitamin B1: 0.15mg (10.13%), Potassium: 340.99mg (9.74%), Calcium:

95.44mg (9.54%), Phosphorus: 87.65mg (8.77%), Vitamin B3: 1.57mg (7.85%), Folate: 30.65µg (7.66%), Copper: 0.15mg (7.41%), Vitamin E: 0.84mg (5.57%), Iron: 0.97mg (5.4%), Vitamin B6: 0.1mg (4.94%), Zinc: 0.74mg (4.92%), Vitamin B5: 0.42mg (4.25%), Vitamin A: 159.93IU (3.2%)