

Hawaiian French Toast

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



764 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 ounce pineapple with juice crushed canned
- ☐ 3 eggs separated
- ☐ 1 pound hawaiian bread sweet sliced
- ☐ 3 tablespoons honey
- ☐ 3 ounce mandarin orange segents drained canned
- ☐ 1 cup maple syrup
- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 teaspoon rum extract flavored

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon water

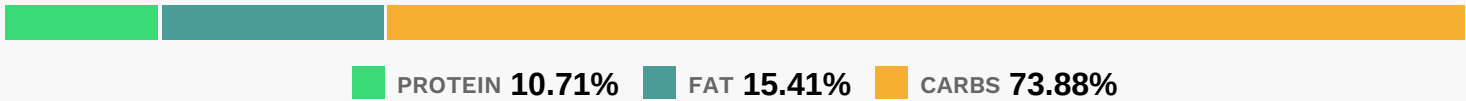
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a shallow bowl, whisk together egg yolks, egg white, vanilla, rum extract, orange zest, water and 1 tablespoon honey.
- ☐ Coat bread slices in egg mixture; set aside.
- ☐ In a small saucepan, combine crushed pineapple, mandarin oranges, honey and maple syrup. Simmer over medium-low heat for 3 minutes.
- ☐ Heat a lightly oiled griddle or frying pan over medium high heat. Fry bread slices until brown on both sides.
- ☐ Serve hot with warm fruit sauce.

Nutrition Facts



Properties

Glycemic Index:32.69, Glycemic Load:27.59, Inflammation Score:-2, Nutrition Score:15.746956502614%

Flavonoids

Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 2.13mg, Naringenin: 2.13mg, Naringenin: 2.13mg, Naringenin: 2.13mg

Nutrients (% of daily need)

Calories: 764.46kcal (38.22%), Fat: 13.36g (20.55%), Saturated Fat: 7.17g (44.81%), Carbohydrates: 144.16g (48.05%), Net Carbohydrates: 138.87g (50.5%), Sugar: 95.96g (106.62%), Cholesterol: 183.99mg (61.33%), Sodium: 380.29mg (16.53%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 20.89g (41.78%), Manganese: 1.88mg

(94.14%), Vitamin B2: 1.2mg (70.57%), Iron: 8.87mg (49.25%), Fiber: 5.29g (21.15%), Selenium: 10.51µg (15.01%), Vitamin C: 11.77mg (14.26%), Calcium: 125.08mg (12.51%), Potassium: 342.26mg (9.78%), Vitamin B1: 0.14mg (9.14%), Magnesium: 32.44mg (8.11%), Phosphorus: 74.33mg (7.43%), Zinc: 1.1mg (7.32%), Vitamin A: 353.44IU (7.07%), Vitamin B6: 0.12mg (6%), Vitamin B5: 0.57mg (5.65%), Folate: 22.21µg (5.55%), Copper: 0.1mg (5.02%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.66µg (4.4%), Vitamin E: 0.4mg (2.68%), Vitamin B3: 0.36mg (1.78%)