



Maple-Cinnamon French Toast

READY IN



26 min.

SERVINGS



8

CALORIES



154 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 4 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 8 servings sauce wild
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 2.5 tablespoons maple syrup
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 8 slices bread whole wheat

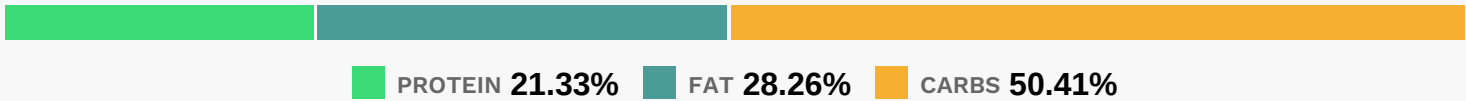
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to lowest setting (about 200).
- ☐ Place a large, shallow baking dish in oven to warm.
- ☐ Combine the eggs, milk, maple syrup, vanilla extract, ground cinnamon, and salt in a large bowl, stirring with a whisk until the mixture is well blended.
- ☐ Place 2 slices whole wheat bread in batter, and soak for 2 minutes.
- ☐ Heat a large nonstick or cast-iron skillet over medium heat. Melt butter or heat oil in skillet, swirling pan to spread it around. Lift bread slices out of batter, letting them drain slightly, and place bread in skillet. Cook until golden, flipping once (about 2–3 minutes on each side).
- ☐ Transfer toast to the warm baking dish in the oven. Repeat the procedure with remaining bread slices.
- ☐ Serve hot with warm blueberry sauce spooned on top.
- ☐ Garnish with additional blueberries, if desired.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:8.78, Inflammation Score:-2, Nutrition Score:8.7921738566264%

Nutrients (% of daily need)

Calories: 153.98kcal (7.7%), Fat: 4.75g (7.31%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 19.06g (6.35%), Net Carbohydrates: 17.32g (6.3%), Sugar: 7.64g (8.49%), Cholesterol: 96.54mg (32.18%), Sodium: 267.61mg (11.64%),

Alcohol: 0.26g (100%), Alcohol %: 0.31% (100%), Protein: 8.07g (16.14%), Manganese: 0.78mg (38.92%), Selenium: 16.01µg (22.87%), Vitamin B2: 0.32mg (18.98%), Phosphorus: 149.7mg (14.97%), Calcium: 120.93mg (12.09%), Vitamin B1: 0.14mg (9.4%), Magnesium: 30.91mg (7.73%), Vitamin B12: 0.46µg (7.62%), Vitamin B5: 0.73mg (7.34%), Zinc: 1.07mg (7.16%), Fiber: 1.75g (6.99%), Iron: 1.18mg (6.57%), Vitamin B3: 1.31mg (6.55%), Folate: 25.73µg (6.43%), Vitamin B6: 0.12mg (6.01%), Potassium: 182.18mg (5.21%), Copper: 0.09mg (4.25%), Vitamin A: 181.34IU (3.63%), Vitamin E: 0.52mg (3.45%), Vitamin D: 0.5µg (3.33%), Vitamin K: 2.74µg (2.61%)