



Maple-Glazed French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



105 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 ounce day-old bread white such as Pepperidge Farm sandwich bread
- ☐ 3 large eggs lightly beaten
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 0.3 cup maple syrup
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt

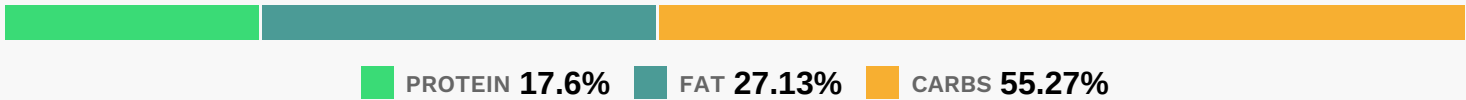
Equipment

☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a shallow dish.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Working with 4 bread slices at a time, place bread slices into milk mixture, quickly turning to coat both sides.
- ☐ Remove bread slices from milk mixture.
- ☐ Add bread slices to pan; cook 2 minutes on each side or until lightly browned.
- ☐ Remove toast from pan. Repeat procedure with cooking spray, remaining 8 bread slices, and remaining milk mixture.
- ☐ Sprinkle powdered sugar evenly over toast.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:5.0447825290587%

Nutrients (% of daily need)

Calories: 104.87kcal (5.24%), Fat: 3.13g (4.82%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 14.21g (5.17%), Sugar: 11.18g (12.43%), Cholesterol: 95.36mg (31.79%), Sodium: 170.04mg (7.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Vitamin B2: 0.35mg (20.64%), Manganese: 0.36mg (18.13%), Selenium: 9.52µg (13.6%), Phosphorus: 82.03mg (8.2%), Calcium: 74.9mg (7.49%), Vitamin B12: 0.38µg (6.31%), Vitamin B5: 0.51mg (5.14%), Folate: 18.47µg (4.62%), Zinc: 0.6mg (4.01%), Vitamin B1: 0.05mg (3.62%), Iron: 0.63mg (3.47%), Vitamin D: 0.5µg (3.33%), Vitamin A: 165.38IU (3.31%), Potassium: 111.92mg (3.2%), Vitamin B6: 0.06mg (2.91%), Magnesium: 10.39mg (2.6%), Vitamin E: 0.28mg (1.89%), Vitamin B3: 0.28mg (1.41%), Copper: 0.03mg (1.3%)