



Medley Crunch French Toast

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



937 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups captain crunch peanut butter cereal crushed
- 3 eggs
- 8 slices bread french thick
- 0.5 teaspoon ground cinnamon
- 0.5 cup milk
- 1 tablespoon vegetable oil

Equipment

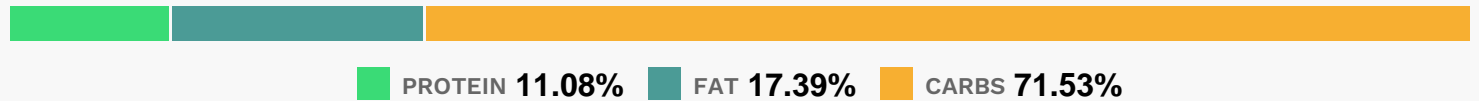
- bowl

frying pan

Directions

- In 10- to 12-inch skillet, heat oil over medium heat.
- Place lightly crushed cereal in shallow bowl.
- In large bowl, beat eggs, milk and cinnamon until well blended.
- Dip bread into egg mixture; coat with cereal, pressing cereal onto bread to adhere.
- Place in skillet.
- Cook bread over medium heat until golden brown on each side.
- Serve warm French toast with honey or maple-flavored syrup.

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:51.76, Inflammation Score:-10, Nutrition Score:37.630434834844%

Nutrients (% of daily need)

Calories: 937.21kcal (46.86%), Fat: 15.54g (23.91%), Saturated Fat: 6.08g (38%), Carbohydrates: 143.87g (47.96%), Net Carbohydrates: 137.64g (50.05%), Sugar: 46.94g (52.15%), Cholesterol: 126.42mg (42.14%), Sodium: 1486.22mg (64.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.27g (44.55%), Folate: 1487.34µg (371.84%), Vitamin B1: 2.42mg (161.19%), Vitamin B2: 2.14mg (125.65%), Vitamin B3: 22.66mg (113.29%), Zinc: 16.67mg (111.15%), Vitamin B6: 1.86mg (92.75%), Selenium: 47.33µg (67.61%), Manganese: 0.72mg (36.24%), Iron: 5.6mg (31.13%), Fiber: 6.23g (24.93%), Phosphorus: 230.71mg (23.07%), Calcium: 125.06mg (12.51%), Magnesium: 48.73mg (12.18%), Potassium: 406.42mg (11.61%), Copper: 0.22mg (10.97%), Vitamin B5: 1.05mg (10.48%), Vitamin B12: 0.46µg (7.64%), Vitamin K: 7.42µg (7.06%), Vitamin D: 1µg (6.64%), Vitamin E: 0.91mg (6.1%), Vitamin A: 228.35IU (4.57%)