



PB & J French Toast

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



831 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 slices cinnamon raisin bread whole wheat white
- 2 eggs
- 2 cups fruit fresh such as strawberries and/or bananas sliced
- 0.5 cup maple syrup
- 2 Tbsp milk
- 2.5 cups honey-flavored multi-grain cereal flakes with oat clusters, crushed
- 0.3 cup peanut butter
- 1 Tbsp powdered sugar sifted

3 Tbsp strawberry jam

Equipment

baking sheet

oven

whisk

Directions

Preheat oven to 350F.

Spread each of 4 bread slices with 1 Tbsp. peanut butter and about 2 tsp. jam. Cover with remaining bread slices to make 4 sandwiches.

Break eggs into shallow dish.

Add milk and beat with wire whisk for 30 seconds.

Place crushed cereal in pie plate. Dip each sandwich into egg mixture, then into cereal, turning to evenly coat both sides. Press cereal gently into bread to secure.

Place on lightly greased baking sheet.

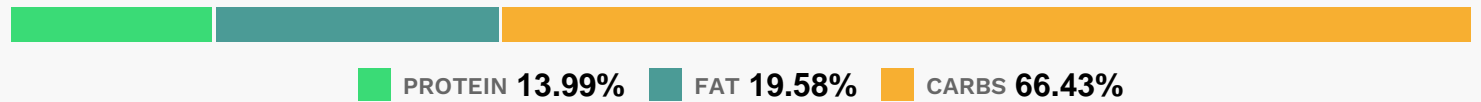
Bake 20 min. or until golden brown.

Cut each sandwich diagonally in half; top with fruit.

Sprinkle with powdered sugar.

Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:81.05, Glycemic Load:73.61, Inflammation Score:-8, Nutrition Score:36.361739448879%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin:

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Nutrients (% of daily need)

Calories: 831.48kcal (41.57%), Fat: 18.34g (28.21%), Saturated Fat: 4.11g (25.71%), Carbohydrates: 140.01g (46.67%), Net Carbohydrates: 126.53g (46.01%), Sugar: 48.48g (53.87%), Cholesterol: 82.74mg (27.58%), Sodium: 958.29mg (41.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.48g (58.96%), Manganese: 4.87mg (243.5%), Selenium: 56.71µg (81.01%), Vitamin B2: 1.13mg (66.64%), Vitamin B1: 0.84mg (55.73%), Vitamin B3: 10.84mg (54.19%), Fiber: 13.49g (53.95%), Vitamin C: 43.71mg (52.98%), Phosphorus: 496.09mg (49.61%), Magnesium: 176.58mg (44.15%), Folate: 160.36µg (40.09%), Calcium: 363.2mg (36.32%), Iron: 6.37mg (35.4%), Copper: 0.57mg (28.52%), Zinc: 4.09mg (27.28%), Vitamin B6: 0.51mg (25.28%), Potassium: 832.58mg (23.79%), Vitamin E: 2.87mg (19.16%), Vitamin B5: 1.84mg (18.45%), Vitamin K: 14.14µg (13.47%), Vitamin B12: 0.24µg (3.94%), Vitamin D: 0.52µg (3.48%), Vitamin A: 144.03IU (2.88%)