



Peachy French Toast

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 4 egg whites
- ☐ 2 eggs
- ☐ 1 ounce bread french
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 cup cup heavy whipping cream sour low-fat
- ☐ 3 tablespoons maple syrup reduced-calorie
- ☐ 1 tablespoon butter melted reduced-calorie
- ☐ 6 peaches fresh peeled quartered

- ☐ 1 cup skim milk
- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon vanilla extract

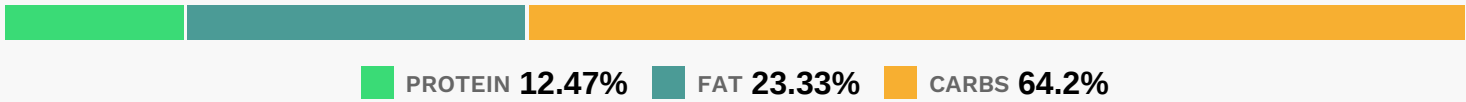
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 5 ingredients in a shallow dish, stirring mixture well.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot. Dip bread slices, one at a time, into egg mixture, coating well.
- ☐ Place 4 bread slices in skillet, and cook 6 to 8 minutes on each side or until browned.
- ☐ Remove from skillet, and keep warm. Repeat with remaining bread and egg mixture.
- ☐ Place peaches on a baking sheet coated with cooking spray.
- ☐ Combine brown sugar and cinnamon; sprinkle over peaches. Broil 5 1/2 inches from heat (with electric oven door partially opened) 4 to 5 minutes or until sugar mixture is bubbly.
- ☐ Combine sour cream, maple syrup, and vanilla in a small bowl; stir well.
- ☐ To serve, place 2 slices French toast and 4 peach quarters on each serving plate. Top peaches with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:44.27, Glycemic Load:16.02, Inflammation Score:-6, Nutrition Score:9.8360869780831%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 259.55kcal (12.98%), Fat: 6.93g (10.67%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 42.93g (14.31%), Net Carbohydrates: 40.53g (14.74%), Sugar: 35.28g (39.2%), Cholesterol: 65.85mg (21.95%), Sodium: 167.26mg (7.27%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 8.34g (16.68%), Vitamin B2: 0.44mg (25.83%), Selenium: 14.84µg (21.19%), Manganese: 0.37mg (18.65%), Vitamin A: 829.51IU (16.59%), Phosphorus: 134.95mg (13.49%), Calcium: 130.02mg (13%), Potassium: 402.74mg (11.51%), Fiber: 2.4g (9.59%), Vitamin E: 1.42mg (9.46%), Vitamin B12: 0.51µg (8.47%), Vitamin B1: 0.12mg (7.83%), Vitamin C: 6.42mg (7.78%), Vitamin B3: 1.55mg (7.77%), Copper: 0.15mg (7.43%), Magnesium: 28.03mg (7.01%), Vitamin B5: 0.66mg (6.64%), Folate: 26.57µg (6.64%), Zinc: 0.99mg (6.61%), Iron: 1.05mg (5.85%), Vitamin D: 0.8µg (5.33%), Vitamin B6: 0.1mg (5.04%), Vitamin K: 4.75µg (4.52%)