



Peanut Butter French Toast

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



584 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 slices bread
- ☐ 3 eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 0.3 cup peanut butter
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons sugar white

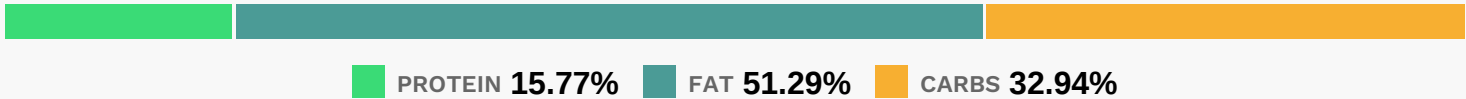
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together milk, eggs, peanut butter, sugar, vanilla extract, and cinnamon in a large bowl.
- ☐ Heat the oil in a griddle or frying pan over medium heat.
- ☐ Dunk each slice of bread in egg mixture, soaking both sides.
- ☐ Place in pan, and cook on both sides until golden, about 3 to 4 minutes per side.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:92.88, Glycemic Load:24.54, Inflammation Score:-6, Nutrition Score:22.490000119676%

Nutrients (% of daily need)

Calories: 583.88kcal (29.19%), Fat: 34.09g (52.44%), Saturated Fat: 7.89g (49.29%), Carbohydrates: 49.27g (16.42%), Net Carbohydrates: 45.35g (16.49%), Sugar: 21.75g (24.17%), Cholesterol: 252.84mg (84.28%), Sodium: 520.28mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.15%), Manganese: 1.21mg (60.27%), Selenium: 38.95µg (55.64%), Vitamin B3: 7.54mg (37.68%), Phosphorus: 374.02mg (37.4%), Vitamin B2: 0.59mg (34.76%), Vitamin E: 4.33mg (28.87%), Folate: 106.37µg (26.59%), Magnesium: 92.85mg (23.21%), Vitamin B1: 0.34mg (22.35%), Iron: 3.76mg (20.87%), Vitamin B5: 2.04mg (20.41%), Calcium: 200.42mg (20.04%), Vitamin B6: 0.36mg (17.76%), Zinc: 2.51mg (16.73%), Fiber: 3.92g (15.68%), Vitamin B12: 0.92µg (15.28%), Vitamin K: 15.81µg (15.05%), Copper: 0.27mg (13.41%), Vitamin D: 1.99µg (13.27%), Potassium: 444.75mg (12.71%), Vitamin A: 457.08IU (9.14%)