



Raisin French Toast with Orange Sauce

READY IN



8 min.

SERVINGS



8

CALORIES



93 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup egg substitute frozen thawed
- ☐ 1 teaspoon butter reduced-calorie
- ☐ 8 servings orange sauce
- ☐ 0.3 teaspoon orange rind grated
- ☐ 1 teaspoon powdered sugar sifted
- ☐ 4 ounce raisin bread
- ☐ 0.3 cup skim milk

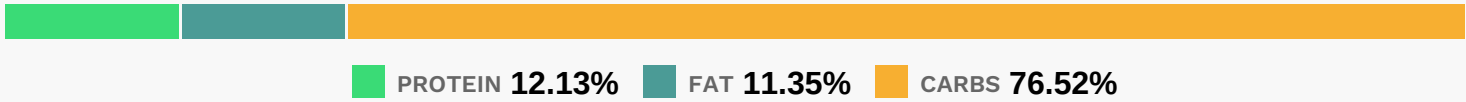
Equipment

☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a shallow dish, stirring well.
- ☐ Coat a large nonstick skillet with cooking spray.
- ☐ Add margarine; place over medium heat until margarine melts. Dip bread slices, one at a time, into egg substitute mixture, coating well.
- ☐ Place bread slices in skillet, and cook 3 to 4 minutes on each side or until browned.
- ☐ Cut each bread slice in half diagonally.
- ☐ Sprinkle powdered sugar evenly over toast, and serve with warm Orange Sauce.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:8.55, Inflammation Score:-5, Nutrition Score:7.0826087354318%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 92.87kcal (4.64%), Fat: 1.24g (1.91%), Saturated Fat: 0.27g (1.72%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 16.05g (5.84%), Sugar: 10g (11.11%), Cholesterol: 0.23mg (0.08%), Sodium: 73.15mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Vitamin C: 48.02mg (58.2%), Fiber: 2.78g (11.1%), Folate: 43.4µg (10.85%), Selenium: 6.54µg (9.34%), Vitamin B1: 0.14mg (9.32%), Vitamin B2: 0.13mg (7.75%), Potassium: 224.24mg (6.41%), Calcium: 61.23mg (6.12%), Vitamin A: 257.61IU (5.15%), Manganese: 0.09mg (4.71%), Vitamin B5: 0.43mg (4.33%), Phosphorus: 41.8mg (4.18%), Vitamin B6: 0.08mg (3.92%), Vitamin B3: 0.77mg (3.83%), Magnesium: 14.76mg (3.69%), Iron: 0.65mg (3.61%), Copper: 0.07mg (3.52%), Vitamin E: 0.34mg (2.27%), Zinc: 0.27mg (1.82%), Vitamin D: 0.2µg (1.36%), Vitamin B12: 0.07µg (1.18%)