



Reduced Fat French Toast

READY IN



15 min.

SERVINGS



6

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 slices reduced calorie bread white
- 0.5 cup egg substitute
- 0.5 teaspoon ground cinnamon
- 0.7 cup skim milk
- 1 teaspoon vanilla extract

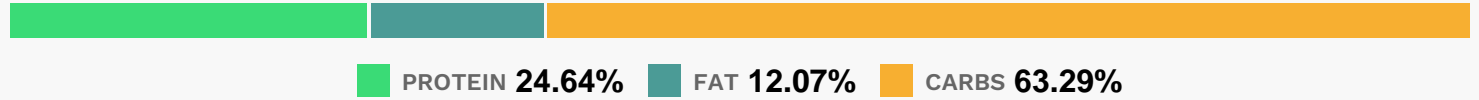
Equipment

- frying pan

Directions

- Beat together egg substitute, milk, vanilla and cinnamon. Dip bread slices in egg mixture until both sides are soaked.
- Spray a skillet or frying pan with cooking spray and heat over medium high heat.
- Place bread slices into pan and cook until golden brown on both sides

Nutrition Facts



Properties

Glycemic Index:16.15, Glycemic Load:7.59, Inflammation Score:-2, Nutrition Score:6.3895652015572%

Nutrients (% of daily need)

Calories: 97.91kcal (4.9%), Fat: 1.29g (1.99%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 14.04g (5.11%), Sugar: 3.47g (3.85%), Cholesterol: 0.82mg (0.27%), Sodium: 183.48mg (7.98%), Alcohol: 0.23g (100%), Alcohol %: 0.38% (100%), Protein: 5.94g (11.87%), Selenium: 16.87µg (24.11%), Manganese: 0.37mg (18.32%), Vitamin B2: 0.18mg (10.83%), Vitamin B1: 0.15mg (10.3%), Calcium: 87.28mg (8.73%), Vitamin B3: 1.63mg (8.15%), Phosphorus: 79.79mg (7.98%), Iron: 1.42mg (7.88%), Folate: 27.55µg (6.89%), Vitamin B5: 0.66mg (6.6%), Fiber: 1.21g (4.83%), Magnesium: 17.93mg (4.48%), Vitamin D: 0.62µg (4.13%), Zinc: 0.61mg (4.09%), Vitamin B12: 0.23µg (3.76%), Vitamin B6: 0.07mg (3.7%), Potassium: 129.25mg (3.69%), Vitamin E: 0.38mg (2.5%), Copper: 0.05mg (2.37%), Vitamin A: 101.58IU (2.03%), Vitamin K: 1.46µg (1.39%)