



Skinny Baked French Toast



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



241 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup soymilk
- ☐ 1.5 cups eggs fat-free
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 12 slices bread french ()
- ☐ 0.3 cup wheat germ
- ☐ 1 serving fruit fresh

Equipment

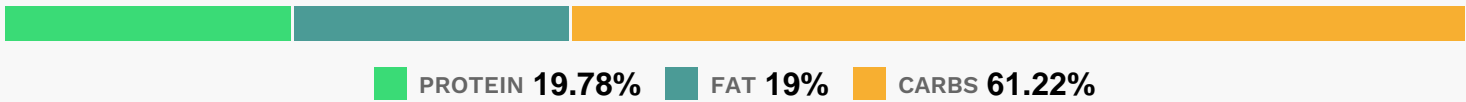
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 450°F. Spray 15x10x1-inch pan with cooking spray.
- ☐ In large bowl, beat soymilk, egg product and pumpkin pie spice with wire whisk until foamy. Soak each side of bread in egg mixture 1 minute; place in single layer in pan.
- ☐ Drizzle any remaining egg mixture over bread.
- ☐ Sprinkle wheat germ evenly over both sides of bread.
- ☐ Bake about 10 minutes or until bottoms are golden brown; turn.
- ☐ Bake 6 to 8 minutes longer or until bottoms are golden brown.
- ☐ Serve with syrup or fruit.

Nutrition Facts



Properties

Glycemic Index:9.49, Glycemic Load:25.81, Inflammation Score:-5, Nutrition Score:13.568695607393%

Nutrients (% of daily need)

Calories: 241.19kcal (12.06%), Fat: 5.09g (7.83%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 36.92g (12.31%), Net Carbohydrates: 34.93g (12.7%), Sugar: 4.69g (5.21%), Cholesterol: 113mg (37.67%), Sodium: 439.11mg (19.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.85%), Selenium: 29.99µg (42.85%), Vitamin B1: 0.53mg (35.02%), Manganese: 0.69mg (34.58%), Vitamin B2: 0.47mg (27.4%), Folate: 106.26µg (26.56%), Vitamin B3: 3.96mg (19.8%), Iron: 3.34mg (18.58%), Phosphorus: 148.9mg (14.89%), Vitamin B6: 0.2mg (9.97%), Zinc: 1.41mg (9.41%), Copper: 0.17mg (8.53%), Vitamin B12: 0.48µg (8.05%), Calcium: 80.39mg (8.04%), Fiber: 1.99g (7.94%), Magnesium: 30.57mg (7.64%), Vitamin B5: 0.74mg (7.38%), Vitamin E: 0.95mg (6.35%), Vitamin D: 0.84µg (5.62%), Vitamin A: 271.57IU (5.43%), Potassium: 175.79mg (5.02%), Vitamin C: 1.67mg (2.03%)