



Stuffed French Toast Sticks

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 slices sandwich bread white
- 2 eggs
- 3 tablespoons milk
- 0.3 cup sugar
- 1 teaspoon ground cinnamon
- 1 serving butter for coating skillet
- 1 serving cream cheese softened
- 1 serving apples sliced

1 serving peanut butter

1 serving banana sliced

Equipment

frying pan

whisk

rolling pin

Directions

Cut crusts from slices of white bread, and flatten bread with rolling pin.

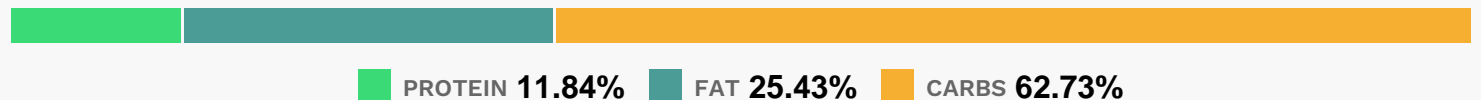
Spread desired filling on 1 side of each slice of bread. You could combine cream cheese with fruit, or peanut butter and banana. Whatever flavor combination you would love! Tightly roll up the slice of bread. Continue for remaining slices.

In shallow dish, beat eggs and milk with whisk. In another dish, mix sugar and cinnamon.

In 10-inch skillet, melt butter over medium heat to coat inside of skillet. Dip each roll into egg mixture, and place in skillet. Cook in batches of 3 or 4, turning until roll is browned. Dip into cinnamon sugar, and roll until completely covered.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.71, Glycemic Load:16.82, Inflammation Score:-2, Nutrition Score:5.756521716066%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 166.18kcal (8.31%), Fat: 4.81g (7.4%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 25.22g (9.17%), Sugar: 13.13g (14.59%), Cholesterol: 43.06mg (14.35%), Sodium: 158.92mg (6.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.09%), Manganese: 0.3mg (14.96%), Selenium: 9.68µg (13.83%), Folate: 39.79µg (9.95%), Vitamin B1: 0.15mg (9.74%), Vitamin B3: 1.85mg (9.26%), Vitamin B2: 0.14mg (8.32%), Phosphorus: 74.04mg (7.4%), Calcium: 71.9mg (7.19%), Iron: 1.18mg (6.54%), Vitamin B6: 0.12mg (6.22%), Fiber: 1.5g (5.99%), Magnesium: 20.32mg (5.08%), Vitamin B5: 0.43mg (4.26%), Potassium: 141.73mg (4.05%), Vitamin E: 0.59mg (3.93%), Copper: 0.07mg (3.58%), Zinc: 0.52mg (3.47%), Vitamin B12: 0.13µg (2.16%), Vitamin C: 1.74mg (2.11%), Vitamin A: 101.1IU (2.02%), Vitamin D: 0.28µg (1.88%)