

Sweet French Toast

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup cornflakes cereal crumbled
- ☐ 3 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 2.5 tablespoons maple syrup
- ☐ 0.3 cup milk
- ☐ 1 teaspoon vanilla extract
- ☐ 8 slices bread white

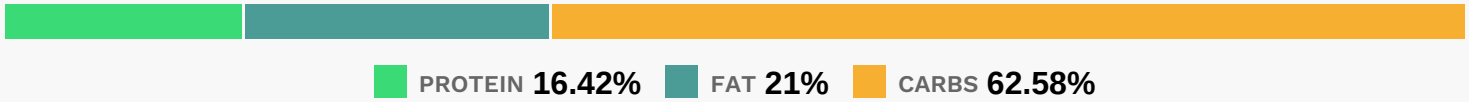
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium bowl, beat together the eggs, milk, maple syrup, vanilla, and cinnamon. Take a small handful of cornflakes and crumble them into the mixture. Stir well.
- ☐ Soak the bread slices in the mixture for about 2 to 3 minutes.
- ☐ Heat a lightly oiled griddle or frying pan over medium high heat.
- ☐ Place the bread slices in the pan; brown on both sides.
- ☐ Sprinkle with confectioners' sugar; serve hot.

Nutrition Facts



Properties

Glycemic Index:38.57, Glycemic Load:20.89, Inflammation Score:-4, Nutrition Score:11.489130393319%

Nutrients (% of daily need)

Calories: 237.54kcal (11.88%), Fat: 5.44g (8.37%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 34.97g (12.72%), Sugar: 11.37g (12.64%), Cholesterol: 124.59mg (41.53%), Sodium: 309.43mg (13.45%), Alcohol: 0.34g (100%), Alcohol %: 0.38% (100%), Protein: 9.57g (19.14%), Manganese: 0.69mg (34.35%), Selenium: 22.23µg (31.76%), Vitamin B2: 0.49mg (28.66%), Vitamin B1: 0.31mg (21%), Folate: 79.37µg (19.84%), Iron: 2.99mg (16.6%), Calcium: 161.6mg (16.16%), Vitamin B3: 2.86mg (14.3%), Phosphorus: 140mg (14%), Vitamin B5: 0.84mg (8.38%), Vitamin B12: 0.49µg (8.21%), Vitamin B6: 0.15mg (7.71%), Zinc: 1.05mg (7%), Vitamin D: 0.91µg (6.08%), Fiber: 1.49g (5.97%), Magnesium: 23.25mg (5.81%), Vitamin A: 246.55IU (4.93%), Copper: 0.09mg (4.65%), Potassium: 162.6mg (4.65%), Vitamin E: 0.48mg (3.19%)