



## Ultimate French Toast

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 8 slices bread
- 4 eggs
- 0.3 teaspoon ground cinnamon
- 2 tablespoons milk

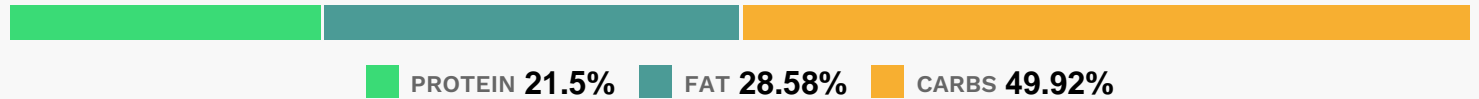
### Equipment

- frying pan

## Directions

- Combine eggs, milk and cinnamon; beat well. Dip bread into egg mixture until completely coated.
- Heat a lightly oiled griddle or frying pan over medium high heat. Cook bread slices until they are golden brown on both sides.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:25.42, Glycemic Load:14.43, Inflammation Score:-3, Nutrition Score:11.716956362128%

## Nutrients (% of daily need)

Calories: 221.17kcal (11.06%), Fat: 6.96g (10.71%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 25.06g (9.11%), Sugar: 3.74g (4.15%), Cholesterol: 164.58mg (54.86%), Sodium: 330.22mg (14.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.57%), Selenium: 29.78µg (42.55%), Manganese: 0.7mg (35.1%), Vitamin B2: 0.35mg (20.74%), Folate: 68.29µg (17.07%), Vitamin B1: 0.25mg (16.8%), Phosphorus: 167.01mg (16.7%), Vitamin B3: 3.17mg (15.86%), Iron: 2.8mg (15.54%), Vitamin B5: 1.16mg (11.62%), Calcium: 105.12mg (10.51%), Fiber: 2.31g (9.23%), Zinc: 1.18mg (7.89%), Magnesium: 29.22mg (7.3%), Vitamin B12: 0.43µg (7.2%), Vitamin B6: 0.14mg (7.09%), Vitamin D: 0.96µg (6.42%), Copper: 0.12mg (5.75%), Vitamin A: 251.24IU (5.02%), Potassium: 151.47mg (4.33%), Vitamin E: 0.58mg (3.83%), Vitamin K: 2.94µg (2.8%)