



Vanilla Banana French Toast



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



1

CALORIES



447 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 banana sliced
- ☐ 2 slices bread
- ☐ 2 eggs
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.8 teaspoon vanilla extract
- ☐ 2.3 teaspoons sugar white

Equipment

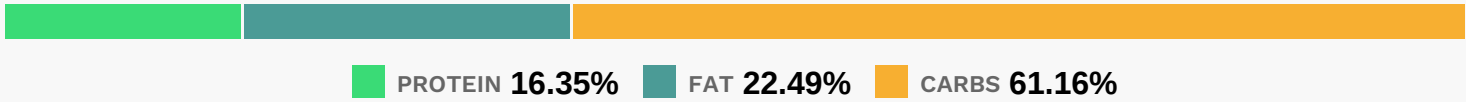
- ☐ bowl

☐ frying pan

Directions

- ☐ Beat eggs, vanilla, cinnamon, and sugar together in a bowl.
- ☐ Place bread into the egg mixture to soak.
- ☐ Heat a lightly oiled skillet over medium heat and brown the slices of bread on both sides.
- ☐ Heat a smaller lightly oiled skillet over medium-low heat and pour the remaining egg mixture into the skillet. Allow the eggs to set in the skillet for 1 to 2 minutes, then continue to cook and stir eggs until scrambled.
- ☐ Place 1 slice of toast onto a plate and top with the eggs.
- ☐ Layer the slices of banana over the eggs, then place the second slice of toast on top to make a sandwich.

Nutrition Facts



Properties

Glycemic Index:188.54, Glycemic Load:33.74, Inflammation Score:-6, Nutrition Score:24.55608712072%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 447.35kcal (22.37%), Fat: 11.42g (17.58%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 69.93g (23.31%), Net Carbohydrates: 60.37g (21.95%), Sugar: 27.47g (30.52%), Cholesterol: 327.36mg (109.12%), Sodium: 392.18mg (17.05%), Alcohol: 1.03g (100%), Alcohol %: 0.46% (100%), Protein: 18.69g (37.37%), Manganese: 2.42mg (120.77%), Selenium: 44.63µg (63.75%), Fiber: 9.56g (38.22%), Vitamin B2: 0.64mg (37.49%), Vitamin B6: 0.66mg (32.91%), Folate: 113.04µg (28.26%), Phosphorus: 277.74mg (27.77%), Iron: 4.54mg (25.2%), Vitamin B5: 2.23mg (22.32%), Calcium: 205.76mg (20.58%), Vitamin B3: 4.1mg (20.5%), Vitamin B1: 0.3mg (20.27%), Potassium: 661.94mg (18.91%), Magnesium: 70.54mg (17.64%), Zinc: 2.05mg (13.63%), Copper: 0.27mg (13.41%), Vitamin B12: 0.78µg (13.05%), Vitamin C: 10.68mg (12.95%), Vitamin D: 1.76µg (11.73%), Vitamin A: 575.44IU (11.51%), Vitamin E: 1.33mg (8.89%), Vitamin K: 6.09µg (5.8%)