



## Vanilla French Toast

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



148 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 6 slices bread
- 1 tablespoon butter
- 2 eggs
- 0.3 teaspoon ground cinnamon
- 0.5 cup milk
- 2 tablespoons sugar
- 1 tablespoon vanilla extract pure spice islands®

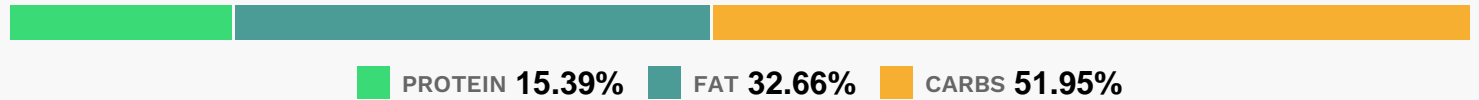
### Equipment

- bowl
- frying pan
- whisk

## Directions

- Whisk eggs, milk, sugar, vanilla and cinnamon in a medium bowl.
- Melt butter in skillet over medium-high heat. Dip bread slices in egg mixture and brown each side in skillet.
- Serve with maple syrup.

## Nutrition Facts



## Properties

Glycemic Index:36.96, Glycemic Load:10.3, Inflammation Score:-2, Nutrition Score:5.8643478858082%

## Nutrients (% of daily need)

Calories: 148.47kcal (7.42%), Fat: 5.22g (8.03%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 17.52g (6.37%), Sugar: 6.91g (7.67%), Cholesterol: 62.02mg (20.67%), Sodium: 176.24mg (7.66%), Alcohol: 0.75g (100%), Alcohol %: 1.32% (100%), Protein: 5.54g (11.07%), Selenium: 13µg (18.58%), Manganese: 0.36mg (17.92%), Vitamin B2: 0.17mg (9.96%), Vitamin B1: 0.13mg (8.85%), Phosphorus: 86.44mg (8.64%), Vitamin B3: 1.61mg (8.04%), Folate: 30.77µg (7.69%), Iron: 1.28mg (7.09%), Calcium: 69.9mg (6.99%), Vitamin B5: 0.53mg (5.34%), Fiber: 1.16g (4.66%), Vitamin B12: 0.24µg (4.07%), Magnesium: 16.04mg (4.01%), Zinc: 0.57mg (3.8%), Vitamin B6: 0.07mg (3.46%), Vitamin D: 0.52µg (3.45%), Vitamin A: 171.26IU (3.43%), Copper: 0.05mg (2.72%), Potassium: 94.43mg (2.7%), Vitamin E: 0.27mg (1.82%), Vitamin K: 1.67µg (1.59%)