



Whole Grain French Toast and Tropical Fruit Kabobs

 Vegetarian

READY IN



16 min.

SERVINGS



6

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 36 inch bamboo skewers
- 6 slices bread
- 2 large eggs beaten
- 1 inch fruit fresh (kiwi, pineapple, mango)
- 1 tablespoon granulated sugar
- 2 teaspoons lemon zest fresh
- 0.3 cup milk

1 teaspoon vanilla extract divided

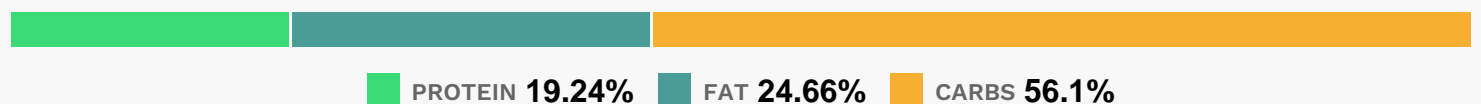
Equipment

- bowl
- frying pan
- skewers

Directions

- Combine eggs, milk and vanilla extract in shallow bowl; mix well.
- Combine sugar and lemon zest in small bowl; set aside.
- Trim crusts and cut each piece of bread into quarters for a total of 24 pieces.
- Spray large skillet with nonstick cooking spray; heat over medium heat. Dip bread pieces in egg mixture, coating both sides.
- Place in skillet and cook for 1 to 2 minutes or until golden brown. Cook on second side for 1 to 2 minutes or until golden brown.
- Assemble 4 pieces French toast and 3 pieces fruit on each skewer for a total of 6 skewers.
- Sprinkle with lemon sugar.
- Serve with yogurt and honey if desired.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:8.81, Inflammation Score:-2, Nutrition Score:5.9726086699444%

Nutrients (% of daily need)

Calories: 119.72kcal (5.99%), Fat: 3.25g (5%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 15.22g (5.53%), Sugar: 4.6g (5.11%), Cholesterol: 63.22mg (21.07%), Sodium: 161.18mg (7.01%), Alcohol: 0.23g (100%), Alcohol %: 0.39% (100%), Protein: 5.7g (11.41%), Selenium: 13.47µg (19.24%), Manganese: 0.36mg (18.22%), Vitamin B2: 0.17mg (9.79%), Vitamin B1: 0.13mg (8.8%), Phosphorus: 83.37mg (8.34%), Vitamin B3: 1.62mg (8.08%), Folate: 32.19µg (8.05%), Iron: 1.36mg (7.54%), Calcium: 59.07mg (5.91%), Fiber: 1.41g (5.64%), Vitamin B5: 0.54mg (5.4%), Vitamin B6: 0.09mg (4.39%), Zinc: 0.65mg (4.33%), Magnesium: 15.51mg (3.88%),

Copper: 0.07mg (3.62%), Vitamin B12: 0.2µg (3.39%), Vitamin D: 0.45µg (2.97%), Potassium: 92.39mg (2.64%),
Vitamin A: 110.62IU (2.21%), Vitamin E: 0.33mg (2.21%), Vitamin K: 1.47µg (1.4%), Vitamin C: 1.09mg (1.32%)