



Yogurt French Toast

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 12 oz banana light yoplait®
- ☐ 8 slices bread french ()
- ☐ 1 slices strawberries

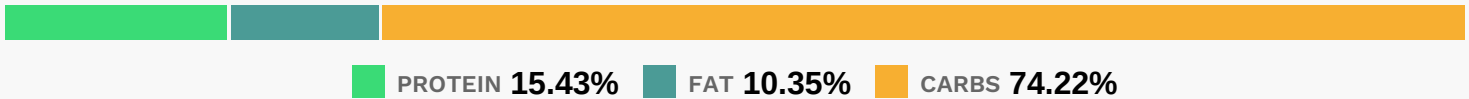
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, beat eggs, milk and 1 container yogurt until well blended. Spray griddle or skillet with cooking spray; heat griddle to 375°F or skillet over medium heat.
- ☐ Dip bread slices in milk mixture, coating both sides.
- ☐ Place on griddle. Cook about 2 minutes on each side or until golden brown.
- ☐ Serve with additional yogurt and strawberries.

Nutrition Facts



Properties

Glycemic Index:26.07, Glycemic Load:31.03, Inflammation Score:-5, Nutrition Score:12.322608693786%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 5.16mg, Pelargonidin: 5.16mg, Pelargonidin: 5.16mg, Pelargonidin: 5.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 239.5kcal (11.98%), Fat: 2.81g (4.32%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 45.33g (15.11%), Net Carbohydrates: 42.4g (15.42%), Sugar: 9.97g (11.08%), Cholesterol: 41.38mg (13.79%), Sodium: 407.81mg (17.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.85%), Vitamin B1: 0.49mg (32.37%), Selenium: 22.5µg (32.14%), Manganese: 0.53mg (26.69%), Folate: 97.68µg (24.42%), Vitamin B2: 0.38mg (22.31%), Vitamin C: 15.9mg (19.27%), Vitamin B3: 3.47mg (17.37%), Iron: 2.89mg (16.06%), Vitamin B6: 0.26mg (13.09%), Phosphorus: 119.7mg (11.97%), Fiber: 2.93g (11.71%), Magnesium: 37.82mg (9.45%), Potassium: 299.62mg (8.56%), Copper: 0.15mg (7.43%), Calcium: 65.1mg (6.51%), Zinc: 0.97mg (6.46%), Vitamin B5: 0.61mg (6.05%), Vitamin B12: 0.19µg (3.11%),

Vitamin D: 0.39µg (2.59%), Vitamin A: 120.34IU (2.41%), Vitamin E: 0.35mg (2.35%), Vitamin K: 1.15µg (1.1%)