



A Nutrition Resource

# FRENCH TOAST

**Yield: 3 Servings | Serving Size: 2 pieces of French Toast**

**Cost/Serving: \$0.85**

## Ingredients:

- 2 eggs\*
- 1/2 cup nonfat milk
- 1/2 teaspoon vanilla
- 2 teaspoons ground cinnamon, or to taste (optional)
- Nonstick cooking spray
- 6 slices of whole wheat bread
- Syrup (optional)

\*Or 1/4 cup dried egg mix and 1/2 cup water

## Directions:

- 1) Preheat a griddle or large skillet over medium heat on the stove.
- 2) Put eggs in a shallow bowl and stir until mixed well. Add milk, vanilla, and cinnamon. mix well with fork.
- 3) Coat the griddle or skillet with nonstick cooking spray.
- 4) Dip both sides of bread, one slice at a time, in egg mixture and cook on hot griddle or frying pan.
- 5) Cook on one side until golden brown. Turn bread over to cook the other side. It will take about 4 minutes on each side. If using syrup, spread on cooked French toast.

## Nutrition Facts

3 servings per container  
**Serving size 2 slices (127g)**

Amount per serving  
**Calories 200**

	% Daily Value*
<b>Total Fat</b> 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 110mg	37%
<b>Sodium</b> 310mg	13%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 12g	
Vitamin D 1mcg	6%
Calcium 156mg	10%
Iron 2mg	10%
Potassium 247mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Note:** Consider topping the prepared French toast with banana slices or other fruit.

*Adapted from Household USDA Food Fact Sheet.*

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