



Fantastic French Toast

Ingredients:

- 2 eggs
- ½ cup fat-free milk
- ½ teaspoon vanilla extract
- 6 slices whole-wheat bread
- Light syrup or fruit toppings (optional)

Directions:

1. Preheat griddle over medium heat, or set an electric frying pan at 375°F.
2. Put eggs, milk and vanilla in a shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture, and cook on the 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.

Nutrition Facts			
Serving Size 1 slice			
Servings Per Recipe 6			
Amount Per Serving			
Calories	100	Calories from Fat	25
% Daily Value *			
Total Fat	2.5g		4%
Saturated Fat	1g		4%
Trans Fat	0g		
Cholesterol	70mg		24%
Sodium	170mg		7%
Total Carbohydrate	13g		4%
Dietary Fiber	2g		8%
Sugars	3g		
Protein	7g		
Vitamin A	2%	Vitamin C	0%
Calcium	6%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		300g	375g
		25g	30g
25% calories from fat			
Analysis does not include added syrup or toppings.			

Yields about 6 servings

Source: Loving Your Family, Feeding Their Future - The Healthy Family Guide Book, p. 19



E.S.N.Y

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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