



## Tostada Francesa Fantastica

### Ingredientes:

- 2 huevos
- ½ Taza de leche descremada
- ½ Cucharadita de extracto de vainilla
- 6 Rebanadas de pan integral
- Almíbar ligero o coberturas de frutas (Opcional)

### Instrucciones:

1. Precaliente la plancha a fuego medio, o use una cacerola de freír eléctrica a 375°F.
2. Ponga los huevos, la leche y vainilla en un plato hondo y bata con un tenedor hasta que estén bien mezclados.
3. Engrase la plancha o sartén con una capa delgada de aceite o aceite en aerosol.
4. Bane ambos lados del pan, una rebanada a la vez, en la mezcla de huevo y cocinar en la plancha caliente o sartén.
5. Cocine un lado hasta que estén doradas. Dele vuelta al pan para cocinar el otro lado. Le tomará aproximadamente 4 minutos por cada lado.

Nutrition Facts			
Serving Size 1 slice			
Servings Per Recipe 6			
Amount Per Serving			
Calories	100	Calories from Fat	25
% Daily Value *			
<b>Total Fat</b>	<b>2.5g</b>		4%
Saturated Fat	1g		4%
Trans Fat	0g		
<b>Cholesterol</b>	<b>70mg</b>		24%
<b>Sodium</b>	<b>170mg</b>		7%
<b>Total Carbohydrate</b>	<b>13g</b>		4%
Dietary Fiber	2g		8%
Sugars	3g		
<b>Protein</b>	<b>7g</b>		
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.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<b>25% calories from fat</b>			
Analysis does not include added syrup or toppings.			

Rinde 6 raciones

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



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

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