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Apple Cinnamon French Toast ♦♦

Apple Cinnamon French Toast is a delicious and comforting breakfast dish. It is made with thick slices of bread soaked in a mixture of eggs, milk, cinnamon, and vanilla extract, then cooked until golden brown. The French toast is topped with sautéed apples and a sprinkle of cinnamon sugar for added flavor. This recipe is perfect for a cozy weekend brunch or a special breakfast treat.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

8 slices	Bread
4 units	eggs
1 c	milk
1 tsp	Cinnamon

1 tsp	Vanilla Extract
2 medium	Apples
2 tbsp	butter
2 tbsp	Sugar

Directions

Step 1

Mixing

In a shallow dish, whisk together eggs, milk, cinnamon, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Dipping

Dip each slice of bread into the egg mixture, coating both sides.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Heat a large skillet or griddle over medium heat. Melt butter in the skillet.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Grilling

Place the dipped bread slices in the skillet and cook until golden brown on both sides, about 3-4 minutes per side.

Prep Time: 0 mins

Cook Time: 8 mins

Step 5

Sautéing

Meanwhile, peel and slice the apples. In a separate skillet, melt butter over medium heat. Add the sliced apples and sugar. Cook until the apples are tender and lightly caramelized, about 5-7 minutes.

Prep Time: 5 mins

Cook Time: 7 mins

Step 6

Serving

Serve the French toast topped with sautéed apples and a sprinkle of cinnamon sugar.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 9 g

Protein: 11 g

Carbohydrates: 48 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	11 g	64.71%	64.71%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	48 g	87.27%	96%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	4 g	10.53%	16%
Sugars	18 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	9 g	32.14%	36%
Cholesterol	190 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	320 mg	13.91%	13.91%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	18 mcg	32.73%	32.73%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Dinner

Snack

Lunch

Supper

Nutritional Content

Low Calorie

Course

Side Dishes

Desserts

Breads

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Difficulty Level

Easy

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