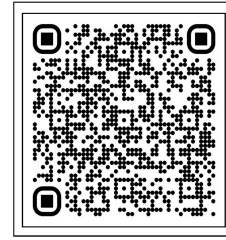




Cornell University
Cooperative Extension
New York City



Tostada Francesa Fantástica

Ingredientes:

- 2 huevos
- ½ taza de leche descremada
- ½ cucharadita de extracto de vainilla
- 6 rebanadas de pan integral
- Opcional: almíbar ligero o frutas picadas

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. Moje 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

servings per container
Serving size 1 slice (65g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 160mg	7%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 70mg	6%
Iron 1mg	6%
Potassium 103mg	2%

*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.

Rinde 6 porciones, 1 rebanada cada una

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.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

Cornell Cooperative Extension provides equal program and employment opportunities.