



Almond French Toast

 Vegetarian

READY IN



110 min.

SERVINGS



6

CALORIES



637 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon almond extract
- 0.5 teaspoon double-acting baking powder
- 3 tablespoons butter
- 3 tablespoons canola oil
- 3 eggs
- 3 tablespoons flour all-purpose
- 12 slices bread french thick
- 1 cup milk

- 0.3 teaspoon salt
- 1 cup slivered almonds
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Place almonds in a small saucepan over low heat. Tossing frequently, toast until lightly browned, 5 to 10 minutes.
- Remove from heat, and set aside.
- In a large bowl, whisk together eggs, milk, flour, salt, baking powder, almond extract and vanilla extract. Soak bread slices in the mixture until saturated.
- Place slices in a shallow pan. Refrigerate slices approximately 1 hour.
- Heat canola oil and butter in a large skillet over medium heat. One at a time, press one side of soaked bread slices in the almonds to coat. Fry bread slices on both sides until golden brown. Dust with confectioner's sugar before serving.

Nutrition Facts



Properties

Glycemic Index:57.58, Glycemic Load:54.25, Inflammation Score:-7, Nutrition Score:25.879130487857%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.08mg,

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 637.02kcal (31.85%), Fat: 28.19g (43.37%), Saturated Fat: 6.93g (43.28%), Carbohydrates: 75.46g (25.15%), Net Carbohydrates: 70.29g (25.56%), Sugar: 8.87g (9.86%), Cholesterol: 101.77mg (33.92%), Sodium: 994.84mg (43.25%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 22.19g (44.39%), Vitamin B1: 1.01mg (67.14%), Selenium: 46.21µg (66.02%), Manganese: 1.12mg (55.9%), Vitamin B2: 0.93mg (54.72%), Folate: 182.77µg (45.69%), Vitamin E: 6.52mg (43.45%), Vitamin B3: 7.11mg (35.54%), Iron: 6.27mg (34.84%), Phosphorus: 318.71mg (31.87%), Magnesium: 98.26mg (24.56%), Fiber: 5.17g (20.67%), Copper: 0.4mg (20.12%), Calcium: 199.32mg (19.93%), Zinc: 2.38mg (15.85%), Vitamin B6: 0.23mg (11.3%), Potassium: 380.32mg (10.87%), Vitamin B5: 1.03mg (10.25%), Vitamin A: 359.79IU (7.2%), Vitamin B12: 0.43µg (7.12%), Vitamin K: 6.58µg (6.26%), Vitamin D: 0.89µg (5.92%)