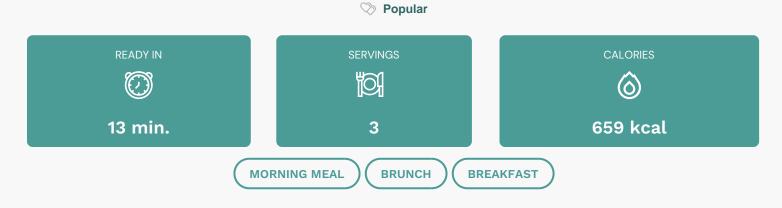


## **Bacon Fried Crunchy Coated French Toast**



## **Ingredients**

0.5 cup pumpkin puree

4 tablespoons add carrot and onion to bacon fat . cook
6 slices bread thick
1 tablespoon brown sugar packed
3 large eggs
0.5 cup milk
4 cups frosted toast cereal
1 teaspoon pumpkin pie spice

1	teaspoon vanilla extract
Equ	ipment
b	oowl
fr	rying pan
w	vhisk
ro	olling pin
Directions	
PI	lace Frosted Flakes in a plastic zip bag and crush with rolling pin or glass.
e <sub>i</sub> h	our crumbs into a shallow bowl and set aside. Using another shallow bowl; whisk together ggs, milk, pumpkin, sugar, pie spice and vanilla. Preheat a large skillet or griddle on medium eat with 1–2 tablespoons of bacon grease. Dip both sides of bread into pumpkin egg mixture, et excess batter drip off, then place in the dish with crushed Frosted Flakes. Gently press the bread into the crushed cereal, if needed.
p	lace the cereal crusted french toast into the preheated pan and cook for about 3-4 minutes er side, until the frosted flakes are golden brown and the batter cooked. Repeat with the emaining bread.
A	dditional 1-2 tablespoons of bacon grease my be needed.
S	erve warm with butter and syrup!
Nutrition Facts	
	PROTEIN 9.8% FAT 38.21% CARBS 51.99%
Prop	erties

Glycemic Index:32.22, Glycemic Load:15.01, Inflammation Score:-10, Nutrition Score:43.80391266035%

## Nutrients (% of daily need)

Calories: 658.62kcal (32.93%), Fat: 28.31g (43.55%), Saturated Fat: 10.35g (64.68%), Carbohydrates: 86.67g (28.89%), Net Carbohydrates: 81.91g (29.79%), Sugar: 30.62g (34.02%), Cholesterol: 208.61mg (69.54%), Sodium: 645.04mg (28.05%), Alcohol: 0.46g (100%), Alcohol %: 0.22% (100%), Protein: 16.34g (32.67%), Vitamin A: 7598.59IU (151.97%), Vitamin B6: 2.2mg (109.93%), Iron: 18.57mg (103.18%), Vitamin B3: 18.9mg (94.49%), Vitamin B1: 1.35mg (89.85%), Vitamin B12: 5.2µg (86.68%), Vitamin B2: 1.42mg (83.46%), Folate: 290.12µg (72.53%),

Selenium: 34.37μg (49.1%), Manganese: 0.89mg (44.3%), Vitamin D: 4.55μg (30.31%), Phosphorus: 253.95mg (25.4%), Fiber: 4.75g (19.02%), Vitamin C: 15.53mg (18.83%), Calcium: 168.33mg (16.83%), Vitamin B5: 1.67mg (16.67%), Magnesium: 49.14mg (12.28%), Zinc: 1.59mg (10.58%), Potassium: 347.35mg (9.92%), Copper: 0.19mg (9.54%), Vitamin K: 9.85μg (9.38%), Vitamin E: 1.25mg (8.32%)