



Bacon Fried Crunchy Coated French Toast

READY IN



13 min.

SERVINGS



3

CALORIES



659 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 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
- 0.5 cup pumpkin puree
- 1 teaspoon vanilla extract

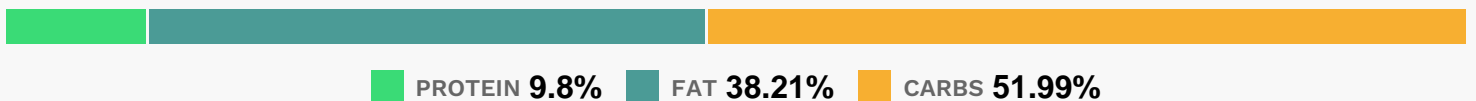
Equipment

- bowl
- frying pan
- whisk
- rolling pin

Directions

- Place Frosted Flakes in a plastic zip bag and crush with rolling pin or glass.
- Pour crumbs into a shallow bowl and set aside. Using another shallow bowl; whisk together eggs, milk, pumpkin, sugar, pie spice and vanilla. Preheat a large skillet or griddle on medium heat with 1-2 tablespoons of bacon grease. Dip both sides of bread into pumpkin egg mixture, let excess batter drip off, then place in the dish with crushed Frosted Flakes. Gently press the bread into the crushed cereal, if needed.
- Place the cereal crusted french toast into the preheated pan and cook for about 3-4 minutes per side, until the frosted flakes are golden brown and the batter cooked. Repeat with the remaining bread.
- Additional 1-2 tablespoons of bacon grease may be needed.
- Serve warm with butter and syrup!

Nutrition Facts



Properties

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%)