



Basic French Toast

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



514 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pound bread white 1-inch-thick cut into slices
- 1 large eggs
- 5 large egg yolk
- 2 tablespoons granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt fine
- 4 tablespoons butter unsalted cooled melted ()
- 1 tablespoon vanilla extract

- 6 servings vegetable oil
- 1.5 cups milk whole at room temperature

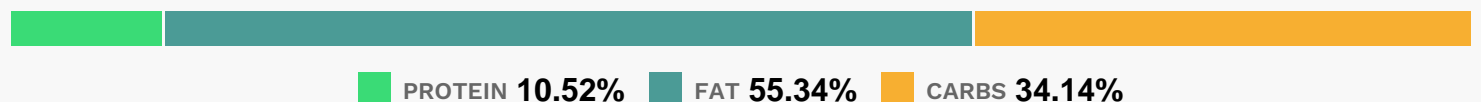
Equipment

- frying pan
- baking sheet
- oven
- whisk
- baking pan

Directions

- Heat the oven to 200°F and arrange a rack in the middle.
- Place a baking sheet in the oven.
- Place the milk, egg yolks, egg, butter, sugar, vanilla, cinnamon, and salt in a shallow dish (a 13-by-9-inch baking dish works well) and whisk until the eggs are broken up and evenly incorporated and the sugar has dissolved. Coat the bottom of a large cast-iron or nonstick frying pan with a thin layer of oil and heat over medium heat until shimmering.
- Place a few slices of bread in the milk mixture and let sit for 15 seconds. Flip the slices over and let sit for another 15 seconds. Pick up the bread, let the excess milk mixture drip off, and lay the slices in a single layer in the pan. Cook until browned on the bottom, about 3 to 4 minutes. Flip and cook the second side until browned, about 3 minutes.
- Transfer to the heated baking sheet to keep warm. Repeat with the remaining bread slices. Dust with powdered sugar and serve with maple syrup, if desired.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:23.17, Inflammation Score:-5, Nutrition Score:17.175652169663%

Nutrients (% of daily need)

Calories: 514.01kcal (25.7%), Fat: 31.51g (48.48%), Saturated Fat: 10.21g (63.78%), Carbohydrates: 43.72g (14.57%), Net Carbohydrates: 40.61g (14.77%), Sugar: 11.65g (12.95%), Cholesterol: 211.39mg (70.46%), Sodium: 497.57mg (21.63%), Alcohol: 0.75g (100%), Alcohol %: 0.5% (100%), Protein: 13.48g (26.96%), Selenium: 33.55µg (47.92%), Manganese: 0.95mg (47.43%), Vitamin K: 30.46µg (29.01%), Vitamin B1: 0.37mg (24.93%), Phosphorus: 233.36mg (23.34%), Vitamin B2: 0.39mg (23.15%), Folate: 89.15µg (22.29%), Vitamin B3: 4.32mg (21.58%), Calcium: 196.72mg (19.67%), Iron: 3.28mg (18.21%), Vitamin B5: 1.41mg (14.1%), Vitamin E: 1.99mg (13.28%), Fiber: 3.11g (12.45%), Vitamin A: 583.35IU (11.67%), Vitamin D: 1.74µg (11.62%), Vitamin B12: 0.7µg (11.59%), Magnesium: 40.57mg (10.14%), Zinc: 1.48mg (9.89%), Vitamin B6: 0.19mg (9.3%), Copper: 0.13mg (6.67%), Potassium: 231.3mg (6.61%)