



Boozy French Toast Cups

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



263 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 eggs
- ☐ 1 cup milk
- ☐ 3 tablespoons amaretto
- ☐ 1 teaspoon vanilla
- ☐ 0.3 teaspoon almond extract
- ☐ 1 loaf crusty baguette french cut into 1/2-inch slices
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.3 cup almonds sliced

- ☐ 1 serving maple syrup warmed
- ☐ 1 serving strawberries fresh

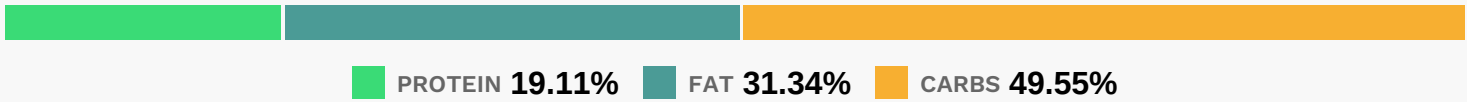
Equipment

- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ muffin liners
- ☐ glass baking pan

Directions

- ☐ In large glass baking dish, beat eggs, milk, amaretto, vanilla and almond extract with whisk until well blended.
- ☐ Add bread slices; turn to coat. Cover with plastic wrap. Refrigerate at least 30 minutes or overnight for bread to absorb egg mixture.
- ☐ Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
- ☐ Layer bread slices in muffin cups, sprinkling cinnamon between and on top of slices.
- ☐ Sprinkle with almonds.
- ☐ Bake 15 to 17 minutes or until French toast cups are puffy.
- ☐ Serve with syrup and strawberries.

Nutrition Facts



Properties

Glycemic Index:33.54, Glycemic Load:15.89, Inflammation Score:-5, Nutrition Score:13.434347753939%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg,

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Nutrients (% of daily need)

Calories: 262.9kcal (13.15%), Fat: 8.65g (13.3%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 28.23g (10.26%), Sugar: 9.96g (11.07%), Cholesterol: 168.56mg (56.19%), Sodium: 336.82mg (14.64%), Alcohol: 2.24g (100%), Alcohol %: 1.7% (100%), Protein: 11.87g (23.73%), Manganese: 0.7mg (35.01%), Selenium: 21.76µg (31.09%), Vitamin B2: 0.48mg (28.5%), Vitamin B1: 0.3mg (19.96%), Phosphorus: 193.33mg (19.33%), Folate: 72.79µg (18.2%), Vitamin C: 14.16mg (17.17%), Calcium: 149.72mg (14.97%), Iron: 2.57mg (14.27%), Vitamin E: 1.68mg (11.23%), Vitamin B3: 2.23mg (11.17%), Vitamin B5: 1.04mg (10.37%), Vitamin B12: 0.61µg (10.19%), Fiber: 2.54g (10.17%), Magnesium: 36.29mg (9.07%), Vitamin D: 1.33µg (8.85%), Zinc: 1.27mg (8.45%), Vitamin B6: 0.16mg (8.09%), Potassium: 254.93mg (7.28%), Copper: 0.14mg (7.08%), Vitamin A: 310.33IU (6.21%), Vitamin K: 2.45µg (2.33%)