



Buttermilk French Toast

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



340 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups buttermilk well-shaken
- ☐ 6 inch egg bread loaf – crusts (from a 1-pound loaf; not end slices)
- ☐ 4 large eggs
- ☐ 4 servings maple syrup
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 4.5 tablespoons butter unsalted divided

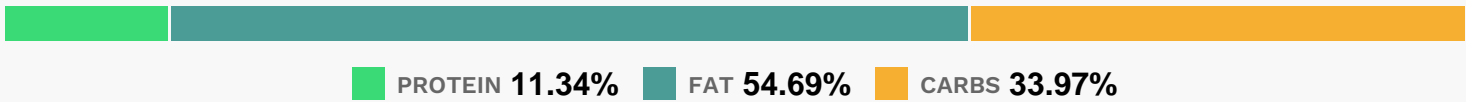
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat oven to 200°F.
- ☐ Whisk together buttermilk, eggs, sugar, and salt in a bowl.
- ☐ Pour into a large 4-sided sheet pan, then add bread in 1 layer and soak, turning occasionally, until bread has absorbed all liquid but is not falling apart, about 20 minutes.
- ☐ Heat 1 1/2 tablespoon butter in a 12-inch nonstick skillet over medium-high heat until foam subsides.
- ☐ Transfer 4 bread slices with a slotted spatula to skillet and cook, turning once, until slightly puffed and golden brown, about 3 minutes total.
- ☐ Transfer to a large shallow baking pan and keep warm in oven. Cook remaining bread in 2 batches, adding 1 1/2 tablespoon butter between batches.

Nutrition Facts



Properties

Glycemic Index:34.4, Glycemic Load:12.56, Inflammation Score:-4, Nutrition Score:10.646086878103%

Nutrients (% of daily need)

Calories: 339.81kcal (16.99%), Fat: 20.77g (31.95%), Saturated Fat: 11.43g (71.41%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 28.93g (10.52%), Sugar: 25.62g (28.47%), Cholesterol: 231.71mg (77.24%), Sodium: 328.94mg (14.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.37%), Vitamin B2: 0.66mg (38.88%), Selenium: 20.04µg (28.63%), Manganese: 0.5mg (24.9%), Phosphorus: 183.32mg (18.33%), Vitamin A: 820.13IU (16.4%), Vitamin D: 2.42µg (16.14%), Calcium: 160.8mg (16.08%), Vitamin B12: 0.89µg (14.83%), Vitamin B5: 1.14mg (11.37%), Folate: 32.47µg (8.12%), Zinc: 1.17mg (7.82%), Potassium: 243.87mg (6.97%), Vitamin E: 0.96mg (6.42%), Vitamin B1: 0.09mg (6.2%), Vitamin B6: 0.12mg (6.02%), Iron: 1.05mg (5.83%), Magnesium: 20.24mg (5.06%), Copper: 0.07mg

(3.4%), Vitamin B3: 0.33mg (1.63%), Vitamin K: 1.56µg (1.48%)