



Capirotada French Toast

READY IN



21 min.

SERVINGS



6

CALORIES



425 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 slices oscar mayer bacon crumbled cooked
- 6 slices bread baguette french
- 1 Tbsp butter
- 0.3 cup breakstone's cream sour
- 2 eggs
- 0.5 tsp ground mexican cinnamon (canela)
- 0.3 tsp ground cloves
- 0.3 cup milk
- 2 oz cones piloncillo shaved finely (Mexican brown loaf sugar)

- 0.3 cup raisins
- 1 cup mozzarella cheese shredded with a touch of philadelphia kraft

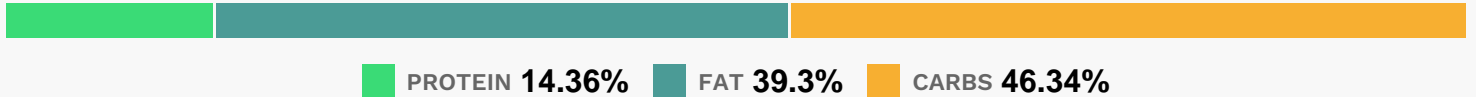
Equipment

- frying pan
- whisk

Directions

- Whisk first 5 ingredients in shallow dish until well blended; stir in piloncillo.
- Dip bread slices, 1 at a time, in egg mixture, turning to evenly moisten both sides of each.
- Melt butter in large nonstick skillet on medium heat.
- Add bread slices; cook 2 min. on each side or until golden brown on both sides. Top with cheese and raisins; cook 2 min. or until cheese is melted.
- Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:43.22, Glycemic Load:29.35, Inflammation Score:-5, Nutrition Score:13.464782642282%

Nutrients (% of daily need)

Calories: 425.35kcal (21.27%), Fat: 18.67g (28.72%), Saturated Fat: 9.24g (57.77%), Carbohydrates: 49.53g (16.51%), Net Carbohydrates: 47.43g (17.25%), Sugar: 12.35g (13.72%), Cholesterol: 98.22mg (32.74%), Sodium: 622.42mg (27.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.69%), Selenium: 28.93µg (41.33%), Vitamin B1: 0.52mg (34.39%), Vitamin B2: 0.46mg (27.14%), Manganese: 0.46mg (22.95%), Folate: 87.8µg (21.95%), Phosphorus: 206.36mg (20.64%), Vitamin B3: 3.68mg (18.38%), Iron: 3.21mg (17.83%), Calcium: 169.95mg (17%), Vitamin B12: 0.71µg (11.83%), Zinc: 1.64mg (10.93%), Vitamin A: 485.71IU (9.71%), Fiber: 2.1g (8.4%), Magnesium: 32.67mg (8.17%), Vitamin B6: 0.16mg (7.92%), Copper: 0.14mg (7.07%), Potassium: 232.83mg (6.65%), Vitamin B5: 0.62mg (6.18%), Vitamin D: 0.77µg (5.15%), Vitamin E: 0.57mg (3.78%), Vitamin K: 1.74µg (1.66%)