



Captain's Crunch French Toast

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



622 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 14 ounce brown sugar and butter corn and oat breakfast cereal **crispy crushed flavored crunch®** (such as Cap'n)
- 6 slices egg bread thick (Challah)
- 3 large eggs
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1 cup heavy cream
- 0.5 cup milk 2% low-fat

- 0.5 teaspoon vanilla extract
- 2.5 tablespoons sugar white

Equipment

- bowl
- frying pan
- whisk

Directions

- Beat the eggs and sugar in a bowl until smooth.
- Pour in the cream, milk, vanilla extract, cinnamon, and nutmeg; whisk until smooth.
- Pour the crushed cereal into a shallow dish; set aside. Dip the egg bread into the egg mixture two pieces at a time until the egg has been soaked into the center of the slices, about 30 seconds per side. Press the soaked bread into the crushed cereal until coated on both sides. Set the finished slices aside on a piece of waxed paper.
- Melt the butter in a nonstick skillet over medium-high heat. Cook the French toast in the hot pan until golden on both sides, about 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:3.51, Inflammation Score:-9, Nutrition Score:34.589565308198%

Nutrients (% of daily need)

Calories: 621.65kcal (31.08%), Fat: 24.16g (37.17%), Saturated Fat: 13.36g (83.48%), Carbohydrates: 88.43g (29.48%), Net Carbohydrates: 84.96g (30.9%), Sugar: 14.51g (16.13%), Cholesterol: 175.87mg (58.62%), Sodium: 767.61mg (33.37%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 14.99g (29.97%), Iron: 21.22mg (117.88%), Vitamin B2: 1.46mg (85.64%), Vitamin B1: 1.15mg (76.55%), Folate: 305.74µg (76.43%), Vitamin B3: 14.48mg (72.42%), Vitamin B6: 1.29mg (64.33%), Vitamin B12: 3.77µg (62.91%), Selenium: 30.8µg (44%), Vitamin A: 2166.85IU (43.34%), Vitamin D: 3.94µg (26.3%), Phosphorus: 217.79mg (21.78%), Manganese: 0.4mg (20.1%), Vitamin C: 14.13mg (17.13%), Fiber: 3.46g (13.85%), Copper: 0.24mg (12.06%), Calcium: 119.75mg (11.98%), Magnesium: 44.34mg (11.09%), Zinc: 1.59mg (10.61%), Vitamin B5: 0.86mg (8.62%), Potassium: 277.9mg (7.94%),

Vitamin E: 0.96mg (6.39%), Vitamin K: 2.19µg (2.09%)