



Challah French Toast

 Vegetarian

READY IN



27 min.

SERVINGS



8

CALORIES



575 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 large loaf brioche bread
- ☐ 6 extra large eggs
- ☐ 1.5 cups half-and-half
- ☐ 1 tablespoon honey good
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 servings maple syrup pure
- ☐ 1 teaspoon orange zest grated
- ☐ 8 servings butter unsalted

- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 8 servings vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 250 degrees F.
- ☐ In a large shallow bowl, whisk together the eggs, half-and-half, orange zest, vanilla, honey, and salt. Slice the challah in 3/4-inch thick slices. Soak as many slices in the egg mixture as possible for 5 minutes, turning once.
- ☐ Heat 1 tablespoon butter and 1 tablespoon oil in a very large saute pan over medium heat.
- ☐ Add the soaked bread and cook for 2 to 3 minutes on each side, until nicely browned.
- ☐ Place the cooked French toast on a sheet pan and keep it warm in the oven. Fry the remaining soaked bread slices, adding butter and oil as needed, until it's all cooked.
- ☐ Serve hot with maple syrup, raspberry preserves, and/or confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:18.43, Glycemic Load:27.74, Inflammation Score:-5, Nutrition Score:19.990434848744%

Nutrients (% of daily need)

Calories: 574.95kcal (28.75%), Fat: 31.12g (47.88%), Saturated Fat: 9.8g (61.25%), Carbohydrates: 58.36g (19.45%), Net Carbohydrates: 54.93g (19.98%), Sugar: 21.07g (23.42%), Cholesterol: 182.87mg (60.96%), Sodium: 637.2mg (27.7%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 15.86g (31.72%), Manganese: 1.49mg (74.43%),

Selenium: 38.9µg (55.57%), Vitamin B2: 0.75mg (44.2%), Vitamin K: 30.98µg (29.5%), Vitamin B1: 0.39mg (26.24%), Vitamin B3: 4.86mg (24.29%), Phosphorus: 237.29mg (23.73%), Folate: 93.63µg (23.41%), Iron: 3.86mg (21.43%), Calcium: 202mg (20.2%), Vitamin B5: 1.48mg (14.81%), Fiber: 3.43g (13.73%), Vitamin E: 1.98mg (13.19%), Magnesium: 48.87mg (12.22%), Zinc: 1.75mg (11.7%), Vitamin A: 515.13IU (10.3%), Vitamin B6: 0.19mg (9.49%), Potassium: 286.2mg (8.18%), Copper: 0.16mg (8.12%), Vitamin B12: 0.47µg (7.81%), Vitamin D: 0.92µg (6.1%), Vitamin C: 0.93mg (1.13%)