



WHATSHATE



Cinnamon Sugar French-Style Texas Toast



Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



430 kcal

Ingredients

- ☐ 3 large eggs beaten
- ☐ 8 slices bread white thick cut into 3/4-inch-thick slices
- ☐ 2 teaspoons ground cinnamon
- ☐ 4 servings maple syrup hot pure
- ☐ 1 cup milk
- ☐ 0.3 cup sugar
- ☐ 4 tablespoons butter unsalted

Equipment

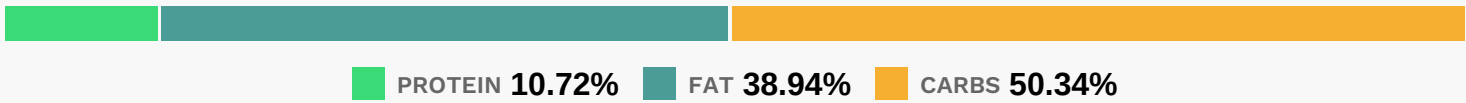
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Preheat an oven to 200 degrees F, and place a rack on a sheet pan.
- ☐ Whisk the milk and eggs in a glass pie or casserole dish until evenly combined.
- ☐ Whisk the sugar and cinnamon in a small bowl.
- ☐ Heat a large skillet over medium heat.
- ☐ Add about 1/2 a tablespoon of butter to the skillet, swirling the pan to coat the surface. Dip 2 slices of bread into the egg mixture and immediately lay in the skillet.
- ☐ Sprinkle the cinnamon sugar on top and cook until the undersides are brown and crisp, about 4 minutes.
- ☐ Add a nut-sized bit of butter to the skillet, as needed, and flip the toast, cook until golden on the underside, about 3 minutes more.
- ☐ Serve immediately or transfer to the rack in the oven to keep warm. Repeat with the remaining bread and batter.
- ☐ Serve with jam or maple syrup.

Nutrition Facts



Properties

Glycemic Index:56.09, Glycemic Load:32.28, Inflammation Score:-5, Nutrition Score:14.147825994731%

Nutrients (% of daily need)

Calories: 430.2kcal (21.51%), Fat: 18.72g (28.8%), Saturated Fat: 9.91g (61.96%), Carbohydrates: 54.46g (18.15%), Net Carbohydrates: 52.78g (19.19%), Sugar: 30.23g (33.59%), Cholesterol: 176.92mg (58.97%), Sodium: 318.49mg (13.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.2%), Manganese: 0.94mg (47.23%), Vitamin B2: 0.64mg (37.48%), Selenium: 24.52µg (35.03%), Calcium: 236.84mg (23.68%), Vitamin B1: 0.32mg (21.12%), Phosphorus: 196.36mg (19.64%), Folate: 73.61µg (18.4%), Iron: 2.45mg (13.61%), Vitamin A: 654.63IU (13.09%),

Vitamin B3: 2.51mg (12.54%), Vitamin B12: 0.69µg (11.45%), Vitamin B5: 1.09mg (10.89%), Vitamin D: 1.63µg (10.87%), Zinc: 1.35mg (8.97%), Magnesium: 30.4mg (7.6%), Vitamin B6: 0.15mg (7.45%), Potassium: 254.67mg (7.28%), Fiber: 1.68g (6.72%), Vitamin E: 0.88mg (5.88%), Copper: 0.1mg (4.81%), Vitamin K: 1.69µg (1.61%)