



Cook the Book: French Toast with Shaved Apples and Bacon Beer Brats

READY IN



20 min.

SERVINGS



4

CALORIES



516 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons brown sugar
- 4 eggs
- 1 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- 0.3 cup maple syrup
- 12 slices bread sliced
- 1 teaspoon nutmeg freshly grated
- 4 mild sausage links to package directions and coin

- 1 pinch sea salt
- 2 baking apples are apples that have a sweet-tart balance and hold their shape when cored cut into matchsticks or small slivers (Pink Lady or similar variety)
- 0.3 teaspoon vanilla extract
- 1 cup milk whole

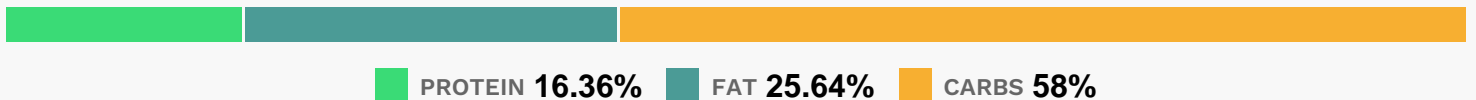
Equipment

- frying pan
- mixing bowl
- immersion blender
- deep fryer

Directions

- Beat the eggs in a large mixing bowl.
- Add the milk, brown sugar, nutmeg, cinnamon, cardamom, vanilla, and salt and stir well to combine. (If you have one, use an immersion blender to emulsify all the ingredients.)
- Soak the bread slices in the egg mixture until saturated. Meanwhile, split each sausage link down the middle, almost cutting it in half but not severing it. Brown the sausages on a griddle or in a frying pan over medium-high heat. While the sausages are cooking, heat a deep fryer to high or heat a lightly oiled griddle or frying pan over medium-high heat. Fry the bread until both sides are deep brown. Plate 3 slices of French toast with 1 sausage link, top with a pile of apples, and drizzle the entire thing with 1 tablespoon of maple syrup. Repeat the with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:71.05, Glycemic Load:31.19, Inflammation Score:-6, Nutrition Score:23.77695657896%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 515.67kcal (25.78%), Fat: 14.8g (22.77%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 75.34g (25.11%), Net Carbohydrates: 67.61g (24.58%), Sugar: 37.24g (41.38%), Cholesterol: 185.4mg (61.8%), Sodium: 606.03mg (26.35%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 21.25g (42.49%), Manganese: 2.55mg (127.6%), Selenium: 36.47µg (52.1%), Vitamin B2: 0.73mg (42.94%), Phosphorus: 366.47mg (36.65%), Vitamin B1: 0.47mg (31.12%), Fiber: 7.73g (30.93%), Calcium: 281.13mg (28.11%), Vitamin B3: 4.89mg (24.44%), Magnesium: 92.06mg (23.01%), Vitamin B6: 0.4mg (19.92%), Zinc: 2.97mg (19.78%), Iron: 3.46mg (19.25%), Vitamin B5: 1.68mg (16.82%), Potassium: 576.31mg (16.47%), Folate: 59.39µg (14.85%), Vitamin B12: 0.89µg (14.85%), Copper: 0.27mg (13.65%), Vitamin D: 1.81µg (12.07%), Vitamin K: 9.1µg (8.67%), Vitamin A: 405.07IU (8.1%), Vitamin E: 1.16mg (7.73%), Vitamin C: 4.47mg (5.41%)