



## Crispy French Toast

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups cornflakes cereal
- 2 eggs
- 1 teaspoon ground cinnamon
- 1 cup milk
- 1 teaspoon vanilla extract
- 8 cups vegetable oil for deep-frying
- 6 slices bread white thick
- 1 tablespoon sugar white

# Equipment

- bowl
- paper towels

# Directions

- Heat deep-fryer to 375 degrees F (190 degrees C).
- In a large bowl combine eggs, milk, sugar, cinnamon and vanilla; beat well.
- Place cornflakes in a separate bowl. Dip bread slices in egg mixture and press into cornflakes.
- Carefully slide coated bread slices into hot oil. Fry on each side until golden brown.
- Drain on paper towels and serve hot.

# Nutrition Facts



# Properties

Glycemic Index:15.66, Glycemic Load:5.45, Inflammation Score:-4, Nutrition Score:7.4704348470854%

# Nutrients (% of daily need)

Calories: 335.27kcal (16.76%), Fat: 30.89g (47.52%), Saturated Fat: 5.15g (32.18%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 11.72g (4.26%), Sugar: 3.16g (3.51%), Cholesterol: 29.72mg (9.91%), Sodium: 111.84mg (4.86%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 3.13g (6.25%), Vitamin K: 53.61µg (51.06%), Vitamin E: 2.5mg (16.68%), Iron: 1.92mg (10.65%), Vitamin B2: 0.16mg (9.59%), Vitamin B1: 0.14mg (9.35%), Folate: 33.99µg (8.5%), Selenium: 5.94µg (8.48%), Vitamin B3: 1.46mg (7.3%), Vitamin B12: 0.41µg (6.81%), Vitamin B6: 0.12mg (6.01%), Calcium: 57.44mg (5.74%), Manganese: 0.11mg (5.73%), Phosphorus: 54.07mg (5.41%), Vitamin D: 0.54µg (3.59%), Vitamin A: 156.5IU (3.13%), Vitamin B5: 0.27mg (2.67%), Zinc: 0.34mg (2.25%), Magnesium: 8.65mg (2.16%), Fiber: 0.53g (2.12%), Potassium: 64.32mg (1.84%), Copper: 0.03mg (1.55%), Vitamin C: 0.99mg (1.2%)