



Deep Fried French Toast

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



744 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 eggs
- 1 cup flour all-purpose
- 8 slices bread french thick ()
- 2 cups milk
- 0.3 teaspoon salt
- 2 quarts vegetable oil for frying
- 5.5 teaspoons sugar white

Equipment

- paper towels
- sauce pan
- whisk
- mixing bowl

Directions

- Beat the eggs, sugar, and salt together in a mixing bowl.
- Whisk in the milk, followed by the flour; whisk until smooth.
- Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- Soak the bread slices in the egg mixture until the egg has penetrated through to the center of the bread. Wipe off the excess egg. Cook in the deep-fryer several pieces at a time to avoid overcrowding. Cook until golden brown on both sides and no longer soggy in the center, about 4 minutes.
- Drain the French toast on a paper towel-lined plate before serving.

Nutrition Facts

PROTEIN 7.84% **FAT 64.97%** **CARBS 27.19%**

Properties

Glycemic Index:32.95, Glycemic Load:37.23, Inflammation Score:-7, Nutrition Score:19.60391320353%

Nutrients (% of daily need)

Calories: 743.62kcal (37.18%), Fat: 54.12g (83.26%), Saturated Fat: 9.75g (60.92%), Carbohydrates: 50.96g (16.99%), Net Carbohydrates: 49.13g (17.87%), Sugar: 8.8g (9.78%), Cholesterol: 130.08mg (43.36%), Sodium: 528.33mg (22.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.37%), Vitamin K: 87.79µg (83.61%), Selenium: 34.91µg (49.87%), Vitamin B1: 0.62mg (41.63%), Vitamin B2: 0.59mg (34.47%), Folate: 122.82µg (30.71%), Vitamin E: 4.39mg (29.28%), Manganese: 0.45mg (22.69%), Iron: 3.82mg (21.2%), Phosphorus: 211.02mg (21.1%), Vitamin B3: 4.1mg (20.48%), Calcium: 129.21mg (12.92%), Vitamin B12: 0.62µg (10.39%), Vitamin B5: 1.02mg (10.16%), Zinc: 1.45mg (9.67%), Vitamin D: 1.33µg (8.87%), Magnesium: 35.2mg (8.8%), Vitamin B6: 0.17mg (8.43%), Fiber: 1.83g (7.32%), Copper: 0.14mg (7.22%), Potassium: 228.71mg (6.53%), Vitamin A: 277.02IU (5.54%)