



Doughnut French Toast

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



587 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 ounce butter for frying plus a drop flavourless oil,
- ☐ 2 eggs
- ☐ 4 slices from a loaf white cut in half
- ☐ 0.5 cup full fat milk
- ☐ 0.3 cup sugar
- ☐ 4 teaspoons vanilla extract

Equipment

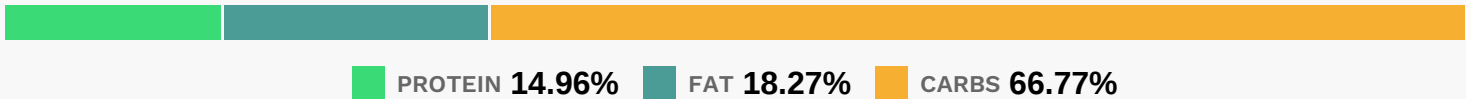
- ☐ bowl

☐ frying pan

Directions

- ☐ Beat the eggs with the milk and vanilla in a wide shallow bowl.
- ☐ Soak the bread halves in the eggy mixture for 5 minutes a side.
- ☐ Heat the butter and oil in a frying pan/skillet, fry the egg-soaked bread until golden and scorched in parts on both sides.
- ☐ Put the sugar onto a plate and then dredge the cooked bread until coated like a sugared doughnut.

Nutrition Facts



Properties

Glycemic Index:119.3, Glycemic Load:69.75, Inflammation Score:-7, Nutrition Score:21.715217460757%

Nutrients (% of daily need)

Calories: 587.3kcal (29.36%), Fat: 11.62g (17.87%), Saturated Fat: 4.65g (29.04%), Carbohydrates: 95.51g (31.84%), Net Carbohydrates: 92.7g (33.71%), Sugar: 34.97g (38.86%), Cholesterol: 177.1mg (59.03%), Sodium: 875.42mg (38.06%), Alcohol: 2.75g (100%), Alcohol %: 1.24% (100%), Protein: 21.4g (42.8%), Selenium: 51.45µg (73.5%), Vitamin B1: 0.96mg (64.11%), Vitamin B2: 0.85mg (49.71%), Folate: 178.21µg (44.55%), Manganese: 0.7mg (35.24%), Iron: 5.8mg (32.21%), Vitamin B3: 6.3mg (31.51%), Phosphorus: 284.29mg (28.43%), Calcium: 168.04mg (16.8%), Zinc: 2.16mg (14.42%), Magnesium: 54.58mg (13.64%), Vitamin B5: 1.34mg (13.35%), Vitamin B6: 0.25mg (12.56%), Vitamin B12: 0.73µg (12.1%), Copper: 0.23mg (11.72%), Fiber: 2.82g (11.26%), Vitamin D: 1.55µg (10.34%), Potassium: 315mg (9%), Vitamin A: 407.27IU (8.15%), Vitamin E: 0.83mg (5.51%), Vitamin K: 1.41µg (1.34%)