

Eggnog French Toast

 Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 20 slices muffins english
- 10 servings powdered sugar
- 2 cups eggnog
- 8 eggs
- 10 servings maple syrup
- 0.5 teaspoon rum extract
- 0.3 cup sugar

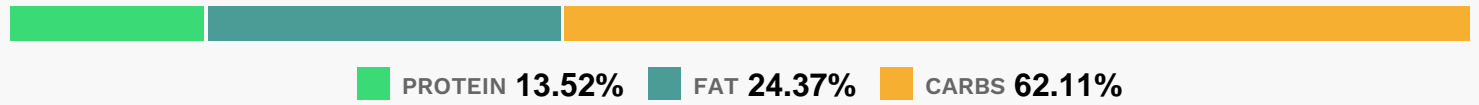
Equipment

- bowl
- frying pan

Directions

- In a bowl, beat eggs, eggnog, sugar and extract; soak bread for 2 minutes per side. Cook on a greased hot griddle until golden brown on both sides and cooked through. Dust with confectioners' sugar if desired.
- Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:23.66, Glycemic Load:11.31, Inflammation Score:-2, Nutrition Score:7.2408695752206%

Nutrients (% of daily need)

Calories: 204.11kcal (10.21%), Fat: 5.53g (8.5%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 31.65g (11.51%), Sugar: 29.02g (32.24%), Cholesterol: 160.92mg (53.64%), Sodium: 88.71mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.8%), Vitamin B2: 0.52mg (30.41%), Manganese: 0.48mg (24%), Selenium: 13.02µg (18.6%), Phosphorus: 127.73mg (12.77%), Calcium: 108.72mg (10.87%), Vitamin B12: 0.54µg (9.04%), Vitamin D: 1.31µg (8.76%), Vitamin B5: 0.76mg (7.6%), Vitamin A: 294.73IU (5.89%), Zinc: 0.84mg (5.62%), Potassium: 180.28mg (5.15%), Magnesium: 18.5mg (4.62%), Folate: 17.79µg (4.45%), Vitamin B6: 0.09mg (4.31%), Iron: 0.76mg (4.25%), Vitamin B1: 0.05mg (3.21%), Vitamin E: 0.48mg (3.18%), Copper: 0.04mg (1.77%)