



Fabulous Frosted French Toast

READY IN



35 min.

SERVINGS



6

CALORIES



420 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 8 ounce cream cheese fat-free softened
- ☐ 6 eggs
- ☐ 1 pound bread french cut into 3/4 inch slices
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 cups skim milk
- ☐ 2 tablespoons cup heavy whipping cream fat-free sour
- ☐ 2 tablespoons non-dairy whipped topping frozen thawed
- ☐ 2 tablespoons sugar white

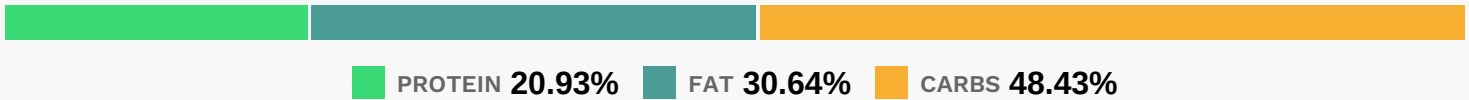
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ hand mixer

Directions

- ☐ In a medium bowl, whisk together the eggs, milk, 2 tablespoons of sugar, and cinnamon. Melt one tablespoon of butter in a large skillet over medium heat. Dip a few bread slices into the egg mixture just to coat.
- ☐ Place in the hot skillet, and cook until golden on each side, about 4 minutes per side. Repeat with remaining slices of bread. Melt 1 tablespoon of butter in the skillet before frying each batch of toast.
- ☐ While the toast is cooking, mix cream cheese, 2 tablespoons of sugar, sour cream, and whipped topping using an electric mixer or blender until smooth, yet firm.
- ☐ Place servings of warm French toast onto plates, and top with a generous dollop of the frosting.

Nutrition Facts



Properties

Glycemic Index:39.81, Glycemic Load:34.05, Inflammation Score:-6, Nutrition Score:19.057826141867%

Nutrients (% of daily need)

Calories: 420.25kcal (21.01%), Fat: 14.33g (22.04%), Saturated Fat: 7.08g (44.27%), Carbohydrates: 50.95g (16.98%), Net Carbohydrates: 48.93g (17.79%), Sugar: 13.2g (14.67%), Cholesterol: 190.78mg (63.59%), Sodium: 875.69mg (38.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.04%), Selenium: 38.59µg (55.13%), Phosphorus: 437.33mg (43.73%), Vitamin B2: 0.72mg (42.11%), Vitamin B1: 0.61mg (40.42%), Folate: 128.93µg (32.23%), Calcium: 292.53mg (29.25%), Manganese: 0.53mg (26.67%), Iron: 3.86mg (21.44%), Vitamin B3: 3.85mg (19.27%), Vitamin B12: 1.14µg (18.95%), Zinc: 2.24mg (14.93%), Vitamin B5: 1.48mg (14.76%), Vitamin A:

632.22IU (12.64%), Magnesium: 46.23mg (11.56%), Vitamin B6: 0.21mg (10.63%), Potassium: 368.44mg (10.53%), Vitamin D: 1.55µg (10.36%), Copper: 0.16mg (8.24%), Fiber: 2.02g (8.07%), Vitamin E: 0.87mg (5.8%), Vitamin K: 1.65µg (1.58%)