



## Freezer French Toast

 Vegetarian

READY IN



30 min.

SERVINGS



5

CALORIES



470 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 4 large eggs
- 1 cup milk 2%
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 0.3 teaspoon nutmeg
- 10 slices bread french (3/)
- 1 tablespoons butter
- 1 serving p of sugar fresh

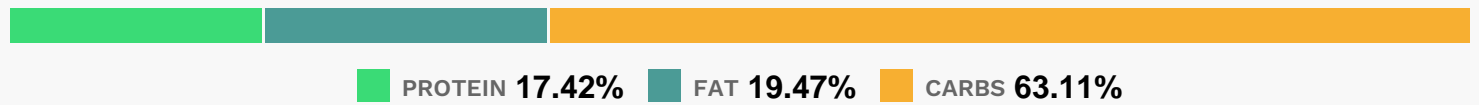
## Equipment

- bowl
- baking sheet
- oven
- baking pan

## Directions

- In a large bowl, beat eggs, milk, sugar, vanilla and nutmeg.
- Place bread in a well-greased 13x9-in. baking dish.
- Pour egg mixture over bread.
- Let soak for several minutes, turning once to coat. Freeze until firm.
- Transfer slices to airtight containers; return to freezer.
- To bake, preheat oven to 450°.
- Place frozen French toast slices in a single layer on a well-greased baking sheet; dot with butter.
- Bake for 7 minutes; turn and bake until golden brown, 10–12 minutes longer. If desired, serve with berries and dust with confectioners' sugar.

## Nutrition Facts



## Properties

Glycemic Index:54.12, Glycemic Load:54.58, Inflammation Score:-6, Nutrition Score:20.643043284507%

## Nutrients (% of daily need)

Calories: 470.35kcal (23.52%), Fat: 10.16g (15.63%), Saturated Fat: 3.99g (24.92%), Carbohydrates: 74.12g (24.71%), Net Carbohydrates: 71.28g (25.92%), Sugar: 13.37g (14.86%), Cholesterol: 158.6mg (52.87%), Sodium: 867.68mg (37.73%), Alcohol: 0.28g (100%), Alcohol %: 0.16% (100%), Protein: 20.45g (40.9%), Selenium: 50.13µg (71.61%), Vitamin B1: 0.94mg (62.92%), Vitamin B2: 0.82mg (48.2%), Folate: 178.76µg (44.69%), Manganese: 0.69mg (34.67%), Iron: 5.72mg (31.78%), Vitamin B3: 6.25mg (31.24%), Phosphorus: 257.96mg (25.8%), Calcium: 146.59mg (14.66%), Zinc: 2.08mg (13.87%), Magnesium: 51.29mg (12.82%), Vitamin B5: 1.21mg (12.12%), Copper: 0.23mg

(11.41%), Fiber: 2.84g (11.35%), Vitamin B6: 0.22mg (11.17%), Vitamin B12: 0.61µg (10.18%), Potassium: 273.34mg (7.81%), Vitamin A: 334.22IU (6.68%), Vitamin D: 0.8µg (5.33%), Vitamin E: 0.77mg (5.12%), Vitamin K: 1.31µg (1.24%)