



French Toast

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



443 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 tablespoons butter
- 8 slices sandwich bread white
- 4 eggs
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.5 cup maple syrup warmed
- 0.3 cup milk
- 2 tablespoons sugar

0.5 teaspoon vanilla extract

Equipment

bowl

frying pan

whisk

Directions

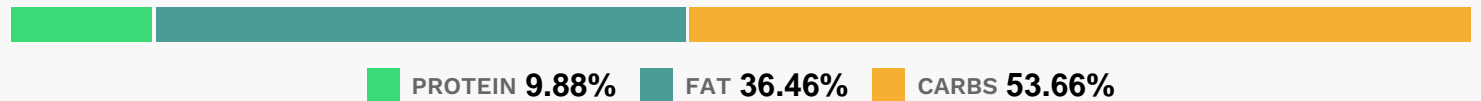
In a small bowl, combine, cinnamon, nutmeg, and sugar and set aside briefly.

In a 10-inch or 12-inch skillet, melt butter over medium heat.

Whisk together cinnamon mixture, eggs, milk, and vanilla and pour into a shallow container such as a pie plate. Dip bread in egg mixture. Fry slices until golden brown, then flip to cook the other side.

Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:86.09, Glycemic Load:31.93, Inflammation Score:-5, Nutrition Score:14.875217413044%

Nutrients (% of daily need)

Calories: 442.56kcal (22.13%), Fat: 17.89g (27.53%), Saturated Fat: 9.3g (58.13%), Carbohydrates: 59.26g (19.75%), Net Carbohydrates: 57.82g (21.03%), Sugar: 33.79g (37.54%), Cholesterol: 195.61mg (65.2%), Sodium: 400.59mg (17.42%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 10.91g (21.81%), Manganese: 1.33mg (66.35%), Vitamin B2: 0.86mg (50.59%), Selenium: 25.59µg (36.56%), Vitamin B1: 0.31mg (20.5%), Calcium: 201.49mg (20.15%), Folate: 76.72µg (19.18%), Phosphorus: 163mg (16.3%), Iron: 2.55mg (14.14%), Vitamin B3: 2.48mg (12.39%), Vitamin A: 614.27IU (12.29%), Vitamin B5: 1.02mg (10.17%), Zinc: 1.38mg (9.18%), Vitamin B12: 0.5µg (8.3%), Magnesium: 29.93mg (7.48%), Vitamin D: 1.05µg (6.99%), Potassium: 239.47mg (6.84%), Vitamin B6: 0.13mg (6.58%), Vitamin E: 0.92mg (6.11%), Fiber: 1.44g (5.77%), Copper: 0.1mg (4.88%), Vitamin K: 1.41µg (1.35%)