



French Toast

 Vegetarian

READY IN



34 min.

SERVINGS



4

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 tablespoons butter
- 0.5 inch challah bread stale
- 3 large eggs
- 1 cup half-and-half
- 2 tablespoons honey warmed for 20 seconds
- 0.3 teaspoon salt

Equipment

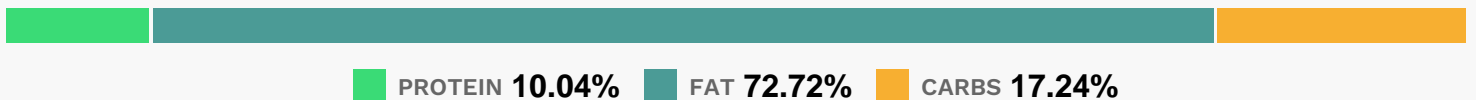
- frying pan

- oven
- whisk
- mixing bowl
- wire rack
- pie form

Directions

- Watch how to make this recipe.
- In medium size mixing bowl, whisk together the half-and-half, eggs, honey, and salt. You may do this the night before. When ready to cook, pour custard mixture into a pie pan and set aside.
- Preheat oven to 375 degrees F. Dip bread into mixture, allow to soak for 30 seconds on each side, and then remove to a cooling rack that is sitting in a sheet pan, and allow to sit for 1 to 2 minutes.
- Over medium-low heat, melt 1 tablespoon of butter in a 10-inch nonstick saute pan.
- Place 2 slices of bread at a time into the pan and cook until golden brown, approximately 2 to 3 minutes per side.
- Remove from pan and place on rack in oven for 5 minutes. Repeat with all 8 slices.
- Serve immediately with maple syrup, whipped cream or fruit.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:4.52, Inflammation Score:-4, Nutrition Score:5.9160869944355%

Nutrients (% of daily need)

Calories: 266.09kcal (13.3%), Fat: 21.9g (33.69%), Saturated Fat: 12.63g (78.92%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 11.66g (4.24%), Sugar: 11.27g (12.52%), Cholesterol: 190.94mg (63.65%), Sodium: 327.14mg (14.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Selenium: 13.77µg (19.67%), Vitamin B2: 0.3mg (17.58%), Vitamin A: 767.2IU (15.34%), Phosphorus: 135.84mg (13.58%), Calcium: 90.11mg (9.01%), Vitamin B12: 0.47µg (7.88%), Vitamin B5: 0.77mg (7.73%), Vitamin E: 0.87mg (5.8%), Folate: 20.4µg (5.1%), Zinc: 0.76mg

(5.06%), Vitamin D: 0.75µg (5.01%), Vitamin B6: 0.1mg (4.86%), Iron: 0.74mg (4.13%), Potassium: 140.83mg (4.02%), Magnesium: 11.1mg (2.78%), Vitamin B1: 0.04mg (2.35%), Copper: 0.04mg (1.84%), Vitamin K: 1.88µg (1.79%), Manganese: 0.02mg (1.07%)