



French Toast Custard



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 4 large eggs lightly beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups milk
- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.3 cup powdered sugar sifted
- ☐ 1 tablespoon vanilla extract

Equipment

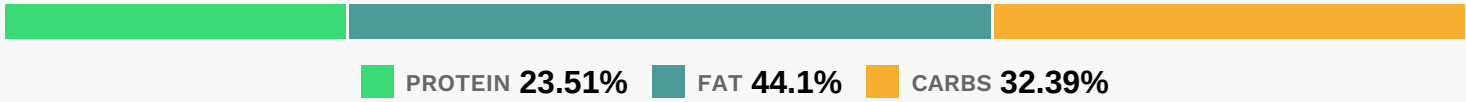
- ☐ bowl

whisk

Directions

Combine all ingredients in a shallow bowl; stir well with a wire whisk.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:0.84, Inflammation Score:-1, Nutrition Score:3.914347809051%

Nutrients (% of daily need)

Calories: 83.43kcal (4.17%), Fat: 3.89g (5.98%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 6.33g (2.3%), Sugar: 6.2g (6.89%), Cholesterol: 98.49mg (32.83%), Sodium: 53.14mg (2.31%), Alcohol: 0.56g (100%), Alcohol %: 0.93% (100%), Protein: 4.66g (9.33%), Selenium: 8.57µg (12.25%), Vitamin B2: 0.18mg (10.57%), Phosphorus: 96.15mg (9.62%), Vitamin B12: 0.47µg (7.83%), Calcium: 71.97mg (7.2%), Vitamin D: 1µg (6.69%), Vitamin B5: 0.55mg (5.55%), Vitamin A: 209.61IU (4.19%), Vitamin B6: 0.07mg (3.56%), Zinc: 0.52mg (3.45%), Potassium: 106.58mg (3.05%), Folate: 11.85µg (2.96%), Iron: 0.46mg (2.53%), Vitamin B1: 0.04mg (2.42%), Magnesium: 8.99mg (2.25%), Vitamin E: 0.29mg (1.92%), Manganese: 0.04mg (1.91%), Copper: 0.02mg (1.08%)