

French Toast I

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 slices bread thick
- 2 eggs
- 0.7 cup milk
- 6 servings salt to taste

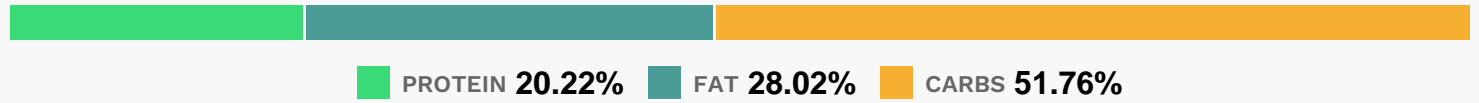
Equipment

- frying pan

Directions

- Beat together egg, milk, salt, desired spices and vanilla.
- Heat a lightly oiled griddle or skillet over medium-high flame.
- Dunk each slice of bread in egg mixture, soaking both sides.
- Place in pan, and cook on both sides until golden.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:16.11, Glycemic Load:7.63, Inflammation Score:-2, Nutrition Score:5.9091304362468%

Nutrients (% of daily need)

Calories: 113.96kcal (5.7%), Fat: 3.53g (5.43%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 13.55g (4.93%), Sugar: 2.96g (3.29%), Cholesterol: 57.81mg (19.27%), Sodium: 357.36mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.47%), Selenium: 13.08µg (18.69%), Manganese: 0.34mg (16.97%), Vitamin B2: 0.17mg (10.29%), Phosphorus: 92.54mg (9.25%), Vitamin B1: 0.14mg (9.08%), Vitamin B3: 1.6mg (8.02%), Calcium: 76.68mg (7.67%), Folate: 30.69µg (7.67%), Iron: 1.27mg (7.04%), Vitamin B5: 0.56mg (5.56%), Vitamin B12: 0.28µg (4.62%), Fiber: 1.12g (4.48%), Magnesium: 16.5mg (4.12%), Zinc: 0.59mg (3.95%), Vitamin D: 0.59µg (3.94%), Vitamin B6: 0.07mg (3.63%), Potassium: 100.43mg (2.87%), Copper: 0.05mg (2.62%), Vitamin A: 123.68IU (2.47%), Vitamin E: 0.22mg (1.47%), Vitamin K: 1.5µg (1.43%)