



French Toast II

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



112 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 4 eggs
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.8 cup milk
- ☐ 12 slices bread white

Equipment

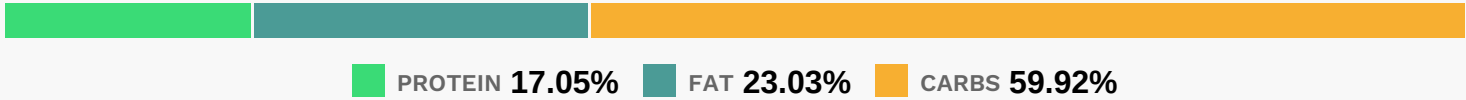
- ☐ frying pan

mixing bowl

Directions

- In a large mixing bowl, beat the eggs.
- Add the milk, brown sugar and nutmeg; stir well to combine.
- Soak bread slices in the egg mixture until saturated.
- Heat a lightly oiled griddle or frying pan over medium high heat. Brown slices on both sides, sprinkle with cinnamon and serve hot.

Nutrition Facts



Properties

Glycemic Index:15.65, Glycemic Load:9.08, Inflammation Score:-2, Nutrition Score:5.102608686232%

Nutrients (% of daily need)

Calories: 111.54kcal (5.58%), Fat: 2.85g (4.38%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 15.72g (5.72%), Sugar: 5.09g (5.66%), Cholesterol: 56.39mg (18.8%), Sodium: 146.8mg (6.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.49%), Selenium: 10.65µg (15.22%), Manganese: 0.28mg (13.8%), Vitamin B1: 0.14mg (9.46%), Calcium: 89.2mg (8.92%), Vitamin B2: 0.15mg (8.73%), Folate: 34.84µg (8.71%), Phosphorus: 73.59mg (7.36%), Iron: 1.18mg (6.55%), Vitamin B3: 1.23mg (6.16%), Vitamin B5: 0.42mg (4.22%), Fiber: 0.96g (3.85%), Vitamin B12: 0.21µg (3.55%), Zinc: 0.49mg (3.26%), Vitamin D: 0.46µg (3.07%), Vitamin B6: 0.06mg (2.99%), Magnesium: 11.31mg (2.83%), Copper: 0.05mg (2.35%), Potassium: 79.81mg (2.28%), Vitamin A: 106.29IU (2.13%), Vitamin E: 0.23mg (1.55%)