



German French Toast

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



400 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon butter
- 2 eggs
- 0.5 cup milk
- 8 slices muenster cheese
- 8 slices bread white

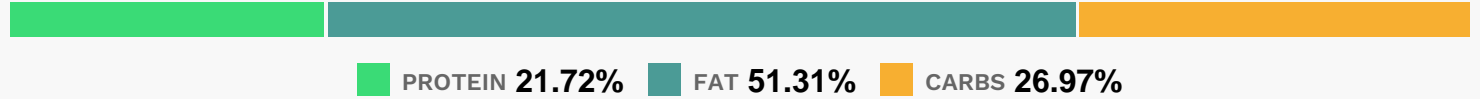
Equipment

- bowl
- frying pan

Directions

- Melt butter in a skillet over medium heat. In a shallow bowl, beat together eggs and milk.
- Dip bread slices one at a time in egg mixture, and fry in butter until golden. After turning once, top with a slice of muenster cheese, and cover until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:47.44, Glycemic Load:18.25, Inflammation Score:-6, Nutrition Score:14.803043495054%

Nutrients (% of daily need)

Calories: 399.8kcal (19.99%), Fat: 22.68g (34.89%), Saturated Fat: 13g (81.28%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 25.66g (9.33%), Sugar: 4.85g (5.38%), Cholesterol: 141.95mg (47.32%), Sodium: 641.05mg (27.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.2%), Calcium: 557.16mg (55.72%), Phosphorus: 393.24mg (39.32%), Selenium: 27.07µg (38.67%), Vitamin B2: 0.44mg (26.01%), Vitamin B12: 1.19µg (19.76%), Vitamin B1: 0.29mg (19.11%), Folate: 72.6µg (18.15%), Zinc: 2.42mg (16.16%), Manganese: 0.31mg (15.39%), Vitamin A: 766.67IU (15.33%), Iron: 2.29mg (12.75%), Vitamin B3: 2.49mg (12.43%), Magnesium: 34.94mg (8.74%), Vitamin B5: 0.83mg (8.27%), Vitamin D: 1.11µg (7.41%), Vitamin B6: 0.13mg (6.67%), Potassium: 209.95mg (6%), Copper: 0.1mg (4.78%), Fiber: 1.15g (4.6%), Vitamin E: 0.53mg (3.54%), Vitamin K: 1.75µg (1.66%)