



Ham and Cheese French Toast

READY IN



15 min.

SERVINGS



6

CALORIES



444 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 2 teaspoons vanilla
- 4 eggs
- 6 slices bread french ()
- 2 tablespoons dijon mustard
- 6 oz finely-chopped ham cooked thinly sliced (from deli)
- 6 oz mild cheddar cheese shredded
- 2 tablespoons butter
- 1 serving powdered sugar

0.3 cup frangelico

Equipment

frying pan

whisk

Directions

In shallow dish, stir milk, Bisquick mix, vanilla and eggs with fork or whisk until blended. In each slice of bread, cut 3-inch pocket through top crust.

Spread about 1 teaspoon mustard in each pocket.

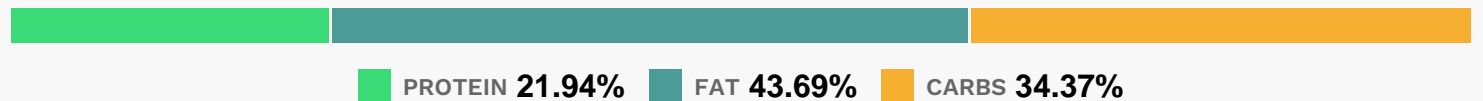
Place 1 oz ham and 1/4 cup cheese in each pocket.

Heat griddle or skillet over medium heat (350°F); melt butter on griddle. Dip bread in egg mixture, coating both sides.

Place bread on hot griddle; cook about 5 minutes, turning once, until golden brown.

Cut French toast in half diagonally; sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:29.58, Glycemic Load:26.53, Inflammation Score:-6, Nutrition Score:18.789565402529%

Nutrients (% of daily need)

Calories: 443.96kcal (22.2%), Fat: 21.37g (32.87%), Saturated Fat: 8.73g (54.57%), Carbohydrates: 37.82g (12.61%), Net Carbohydrates: 36.2g (13.16%), Sugar: 6.66g (7.4%), Cholesterol: 163.04mg (54.35%), Sodium: 1054.38mg (45.84%), Alcohol: 0.46g (100%), Alcohol %: 0.29% (100%), Protein: 24.14g (48.29%), Selenium: 43.43µg (62.04%), Vitamin B1: 0.66mg (43.83%), Vitamin B2: 0.66mg (38.97%), Phosphorus: 385.53mg (38.55%), Calcium: 306.57mg (30.66%), Folate: 99.71µg (24.93%), Vitamin B3: 4.21mg (21.03%), Vitamin B12: 1.19µg (19.76%), Zinc: 2.92mg (19.45%), Manganese: 0.39mg (19.27%), Iron: 3.38mg (18.8%), Vitamin A: 678.82IU (13.58%), Vitamin B5: 1.2mg (11.99%), Vitamin B6: 0.24mg (11.98%), Magnesium: 45.19mg (11.3%), Potassium: 289.31mg (8.27%), Copper: 0.17mg (8.26%), Vitamin C: 6.63mg (8.04%), Vitamin D: 1.2µg (8.03%), Fiber: 1.62g (6.49%), Vitamin E: 0.84mg (5.58%), Vitamin K: 1.41µg (1.35%)