



Ham and Cheese French Toast

READY IN



15 min.

SERVINGS



6

CALORIES



470 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

- 0.3 cup frangelico
- 0.3 cup frangelico

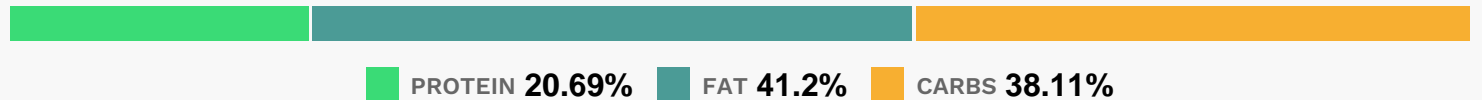
Equipment

- 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 (350F); 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:18.797391461289%

Nutrients (% of daily need)

Calories: 469.9kcal (23.49%), Fat: 21.37g (32.87%), Saturated Fat: 8.73g (54.57%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 42.85g (15.58%), Sugar: 13.18g (14.64%), Cholesterol: 163.04mg (54.35%), Sodium: 1054.52mg (45.85%), Alcohol: 0.46g (100%), Alcohol %: 0.28% (100%), Protein: 24.14g (48.29%), Selenium: 43.47µg (62.09%), Vitamin B1: 0.66mg (43.83%), Vitamin B2: 0.66mg (39.04%), Phosphorus: 385.53mg (38.55%), Calcium: 306.64mg (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 (19.28%), Iron: 3.39mg (18.82%), Vitamin A: 678.82IU (13.58%), Vitamin B5: 1.2mg (11.99%), Vitamin B6: 0.24mg (11.98%), Magnesium: 45.19mg (11.3%), Copper: 0.17mg (8.29%), Potassium: 289.44mg (8.27%), 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%)