



## Incredibly Sweet and Aromatic French Toast

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



321 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 eggs
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 2 cups milk
- 12 slices texas toast croutons thick
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

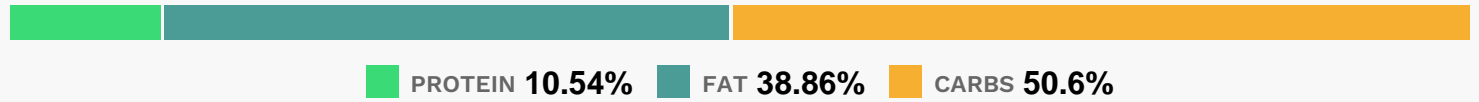
### Equipment

- bowl
- frying pan
- whisk

## Directions

- Melt butter in a large skillet over medium-high heat.
- Whisk milk, eggs, sugar, vanilla extract, cinnamon, and allspice together in a large bowl. Dip each slice of bread into egg mixture to coat.
- Place coated bread into skillet and cook until golden brown on 1 side, about 1 minute. Flip and continue cooking until second side is golden, about 1 minute more.
- Remove to a plate and repeat with remaining bread slices.
- Sift confectioners' sugar over top of the French toast, slice diagonally, and serve.

## Nutrition Facts



## Properties

Glycemic Index:16.01, Glycemic Load:9.82, Inflammation Score:-1, Nutrition Score:6.061304345403%

## Nutrients (% of daily need)

Calories: 321kcal (16.05%), Fat: 14.07g (21.65%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 39.64g (14.41%), Sugar: 18.54g (20.6%), Cholesterol: 68.7mg (22.9%), Sodium: 361.29mg (15.71%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 8.59g (17.19%), Iron: 9.31mg (51.75%), Vitamin B2: 0.16mg (9.56%), Phosphorus: 94.53mg (9.45%), Selenium: 6.31µg (9.01%), Calcium: 86.53mg (8.65%), Vitamin B12: 0.48µg (7.94%), Vitamin D: 1µg (6.67%), Fiber: 1.59g (6.37%), Vitamin B5: 0.48mg (4.81%), Vitamin A: 188.96IU (3.78%), Potassium: 117.1mg (3.35%), Vitamin B6: 0.07mg (3.29%), Zinc: 0.47mg (3.12%), Vitamin B1: 0.04mg (2.73%), Magnesium: 9.6mg (2.4%), Folate: 7.81µg (1.95%), Manganese: 0.03mg (1.71%), Vitamin E: 0.21mg (1.38%)