



Irish Toast

READY IN



50 min.

SERVINGS



6

CALORIES



360 kcal

Ingredients

- 0.3 cup butter
- 4 large eggs
- 16 ounce bread french
- 1.5 fluid ounces baileys irish cream
- 1 teaspoon vanilla extract
- 1 fluid ounce irish whiskey

Equipment

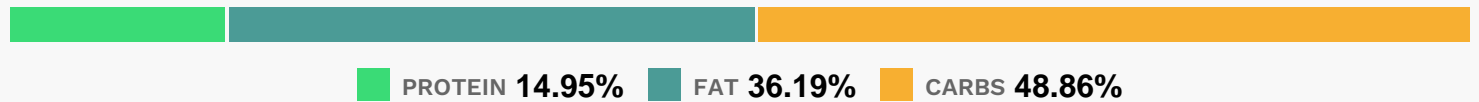
- bowl
- frying pan

whisk

Directions

- Cut the bread into 12 slices. In a bowl, whisk together the eggs, Irish whiskey, Irish cream liqueur, and vanilla extract until well blended.
- Heat some of the butter in a skillet over medium heat until the butter is hot and the foam has disappeared. Press each bread slice into the egg mixture, then fry in the hot skillet until nicely browned on both sides, about 2 minutes per side.
- Add more butter to skillet as needed.
- Brush each slice with butter, and sprinkle with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:30.25, Inflammation Score:-5, Nutrition Score:12.548695626466%

Nutrients (% of daily need)

Calories: 359.53kcal (17.98%), Fat: 13.63g (20.97%), Saturated Fat: 6.9g (43.1%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 39.76g (14.46%), Sugar: 5.19g (5.77%), Cholesterol: 144.34mg (48.11%), Sodium: 563.32mg (24.49%), Alcohol: 3g (100%), Alcohol %: 2.9% (100%), Protein: 12.67g (25.33%), Selenium: 31.95µg (45.64%), Vitamin B1: 0.55mg (36.73%), Vitamin B2: 0.48mg (28.18%), Folate: 108.94µg (27.23%), Manganese: 0.41mg (20.37%), Iron: 3.54mg (19.68%), Vitamin B3: 3.68mg (18.39%), Phosphorus: 147.84mg (14.78%), Vitamin A: 416.36IU (8.33%), Zinc: 1.23mg (8.18%), Vitamin B5: 0.77mg (7.74%), Magnesium: 28.46mg (7.12%), Copper: 0.14mg (7%), Vitamin B6: 0.14mg (6.9%), Fiber: 1.66g (6.65%), Calcium: 60.32mg (6.03%), Vitamin B12: 0.31µg (5.21%), Vitamin E: 0.73mg (4.85%), Vitamin D: 0.67µg (4.44%), Potassium: 137.76mg (3.94%), Vitamin K: 1.29µg (1.23%)