Jack's French Toast

Vegetarian

READY IN	SERVINGS	CALORIES
15 min.	2	462 kcal

MORNING MEAL | BRUNCH | BREAKFAST

Ingredients

- [ ] 4 slices bread
- [ ] 1 eggs
- [ ] 1 cup milk
- [ ] 1 cup oil for frying
- [ ] 1 teaspoon vanilla extract

Equipment

- [ ] bowl
- [ ] frying pan

Directions

- [ ] In a medium bowl, mix together egg, milk and vanilla.
- [ ] In a large skillet, heat oil over medium high heat. Dip bread into egg mixture and slide into hot oil. Cook until golden brown, drain and serve.

Nutrition Facts

PROTEIN **11.09%** FAT **60.48%** CARBS **28.43%**

Properties

Glycemic Index:48.33, Glycemic Load:16.46, Inflammation Score:-5, Nutrition Score:15.169999978465%

Nutrients (% of daily need)

Calories: 461.88kcal (23.09%), Fat: 30.93g (47.59%), Saturated Fat: 5g (31.23%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 30.47g (11.08%), Sugar: 9.41g (10.46%), Cholesterol: 96.48mg (32.16%), Sodium: 342.66mg (14.9%), Alcohol: 0.69g (100%), Alcohol %: 0.28% (100%), Protein: 12.77g (25.53%), Selenium: 25.2µg (36%), Manganese: 0.68mg (34.16%), Vitamin E: 4.32mg (28.79%), Vitamin B2: 0.41mg (24.23%), Phosphorus: 239.14mg (23.91%), Calcium: 232.6mg (23.26%), Vitamin B1: 0.31mg (20.5%), Vitamin K: 19.15µg (18.24%), Vitamin B3: 3.28mg (16.42%), Folate: 57.94µg (14.48%), Vitamin B12: 0.85µg (14.24%), Iron: 2.4mg (13.35%), Vitamin B5: 1.25mg (12.52%), Vitamin D: 1.78µg (11.88%), Magnesium: 40.48mg (10.12%), Zinc: 1.37mg (9.12%), Fiber: 2.24g (8.96%), Vitamin B6: 0.17mg (8.73%), Potassium: 295.28mg (8.44%), Vitamin A: 317.56IU (6.35%), Copper: 0.1mg (5.07%)