



Kerry's French Toast

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



537 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup brown sugar
- 0.3 cup butter
- 1 cup cream cheese softened
- 0.5 inch egg bread loaf - crusts
- 6 extra large eggs beaten
- 0.3 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg

0.3 cup milk

Equipment

bowl

frying pan

Directions

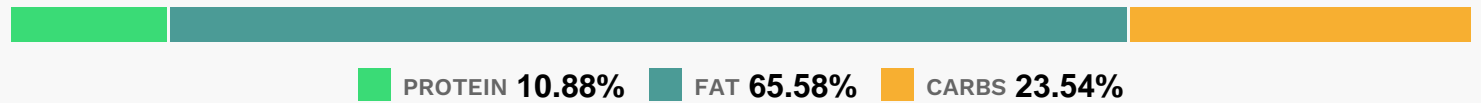
In a medium bowl, blend the cream cheese with brown sugar, allspice, nutmeg and cinnamon

Spread 4 slices bread with the cream cheese mixture, and top with remaining bread slices, creating sandwiches.

Mix eggs and milk in a shallow bowl. Dip bread into the egg and milk to coat thoroughly.

Melt butter in a medium skillet over medium high heat. Cook coated bread slices 2 to 4 minutes on each side, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:1.18, Inflammation Score:-6, Nutrition Score:12.062173932143%

Nutrients (% of daily need)

Calories: 537.29kcal (26.86%), Fat: 39.63g (60.97%), Saturated Fat: 21.74g (135.89%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 31.78g (11.56%), Sugar: 29.94g (33.27%), Cholesterol: 402.29mg (134.1%), Sodium: 403.56mg (17.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.58%), Selenium: 31.54µg (45.06%), Vitamin A: 1597.34IU (31.95%), Vitamin B2: 0.54mg (31.88%), Phosphorus: 248.12mg (24.81%), Vitamin B5: 1.72mg (17.22%), Vitamin B12: 0.98µg (16.32%), Calcium: 151.16mg (15.12%), Vitamin D: 1.85µg (12.33%), Folate: 45.87µg (11.47%), Vitamin E: 1.71mg (11.42%), Iron: 1.78mg (9.87%), Vitamin B6: 0.2mg (9.84%), Zinc: 1.46mg (9.76%), Potassium: 257.31mg (7.35%), Manganese: 0.1mg (5.21%), Magnesium: 20.61mg (5.15%), Copper: 0.09mg (4.42%), Vitamin B1: 0.06mg (3.89%), Vitamin K: 2.56µg (2.44%)