



Parmigiano Reggiano Savoury French Toast

 Popular

READY IN



45 min.

SERVINGS



2

CALORIES



356 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 slices bread cut ()
- ☐ 1 eggs
- ☐ 1 cup milk
- ☐ 0.5 cup parmigiano reggiano grated ()
- ☐ 2 servings salt and pepper to taste

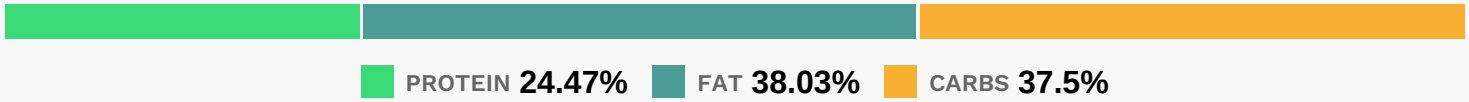
Equipment

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Mix the milk, egg, salt and pepper in a wide, shallow dish.
- ☐ Dip the bread in the egg mixture to coat on both sides.
- ☐ Melt a touch of butter in a pan and fry the bread until golden brown on both sides, about 2–3 minutes per side.
- ☐ Sprinkle the parmigiano reggiano over the french toast. (The french toast should still be warm enough that the cheese melts. Otherwise you can place it under the broiler for a few seconds to melt the cheese.)

Nutrition Facts



Properties

Glycemic Index:61.83, Glycemic Load:16.67, Inflammation Score:-5, Nutrition Score:16.989999953171%

Nutrients (% of daily need)

Calories: 356.1kcal (17.8%), Fat: 14.99g (23.06%), Saturated Fat: 7.45g (46.57%), Carbohydrates: 33.26g (11.09%), Net Carbohydrates: 31.02g (11.28%), Sugar: 9.36g (10.4%), Cholesterol: 113.48mg (37.83%), Sodium: 936.77mg (40.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.41%), Calcium: 528.5mg (52.85%), Selenium: 30.83µg (44.04%), Phosphorus: 412.52mg (41.25%), Manganese: 0.68mg (34.2%), Vitamin B2: 0.49mg (29%), Vitamin B1: 0.32mg (21.14%), Vitamin B12: 1.15µg (19.24%), Vitamin B3: 3.34mg (16.71%), Folate: 59.69µg (14.92%), Iron: 2.61mg (14.49%), Zinc: 2.05mg (13.7%), Vitamin B5: 1.36mg (13.65%), Magnesium: 51.24mg (12.81%), Vitamin D: 1.91µg (12.71%), Vitamin A: 512.81IU (10.26%), Vitamin B6: 0.2mg (9.84%), Potassium: 315.36mg (9.01%), Fiber: 2.24g (8.96%), Copper: 0.11mg (5.4%), Vitamin K: 3.6µg (3.43%), Vitamin E: 0.45mg (3.02%)