



Passover French Toast

 Popular

READY IN



45 min.

SERVINGS



12

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tbsp butter
- ☐ 2 tbsp cinnamon sugar
- ☐ 2 eggs
- ☐ 0.5 tsp kosher salt divided
- ☐ 1 lemon zest
- ☐ 12 servings lemon zest
- ☐ 1 cup matzo meal
- ☐ 0.5 cup milk

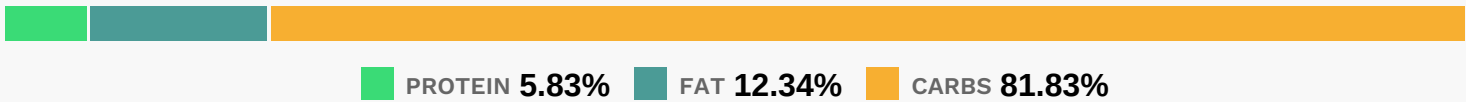
- ☐ 0.5 cup orange juice freshly squeezed
- ☐ 1 orange zest
- ☐ 12 servings orange zest
- ☐ 0.3 cup potato flour
- ☐ 8 slices sponge cake mix (recipe below)
- ☐ 1.5 cups sugar

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Passover French Toast
- ☐ Passover Citrus Sponge Cake Ingredients12 eggs, separated1 1/2 cups sugar1/2 cup freshly squeezed orange juice Zest from 1 lemon
- ☐ Zest from 1 orange1/4 cup Passover potato starch1 cup Passover matzo cake meal1/2 tsp kosher salt, divided
- ☐ Passover French Toast Ingredients1/2 cup milk2 eggs
- ☐ Zest from one lemon
- ☐ Zest from one orange8 slices Passover Citrus Sponge Cake (recipe below)2 tbsp butter2 tbsp cinnamon sugar
- ☐ Servings: 12-14 cake servings, 8 French toast servings
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:19.58, Inflammation Score:-3, Nutrition Score:6.0473913278269%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 271.08kcal (13.55%), Fat: 3.79g (5.83%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 56.59g (18.86%), Net Carbohydrates: 54.47g (19.81%), Sugar: 35.85g (39.84%), Cholesterol: 53.99mg (18%), Sodium: 253.63mg (11.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Vitamin C: 23.88mg (28.94%), Selenium: 8.94µg (12.77%), Vitamin B2: 0.16mg (9.31%), Vitamin B1: 0.14mg (9.03%), Fiber: 2.12g (8.48%), Phosphorus: 73.31mg (7.33%), Iron: 1.23mg (6.84%), Manganese: 0.13mg (6.68%), Calcium: 58.2mg (5.82%), Folate: 22.83µg (5.71%), Vitamin B3: 1.13mg (5.68%), Vitamin B6: 0.1mg (4.82%), Vitamin A: 221.63IU (4.43%), Potassium: 142.08mg (4.06%), Vitamin B5: 0.4mg (4.02%), Magnesium: 13.53mg (3.38%), Vitamin B12: 0.17µg (2.87%), Zinc: 0.38mg (2.53%), Copper: 0.05mg (2.52%), Vitamin D: 0.3µg (1.99%), Vitamin E: 0.24mg (1.59%)