



Pork Chop-Stuffed French Toast Recipe

READY IN



50 min.

SERVINGS



6

CALORIES



487 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon pepper black
- 4 tablespoons butter
- 0.3 teaspoon cinnamon
- 6 eggs
- 0.3 cup milk
- 6 pork chops boneless
- 0.5 teaspoon salt
- 0.5 teaspoon sugar
- 0.5 teaspoon vanilla extract

- 6 slices texas toast croutons white thick toast style

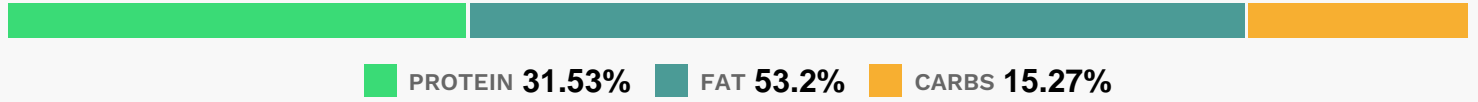
Equipment

- bowl
- frying pan
- baking sheet
- whisk
- aluminum foil
- broiler
- serrated knife

Directions

- Preheat the broiler on high, with the rack 5 to 6 inches from the heat. In a small bowl, mix together the salt, sugar, pepper and cinnamon. Season the pork chops on both sides with the salt mixture.
- Place the chops on a baking sheet and broil for 2 to 3 minutes, until lightly browned. Flip the chops and cook for 2 to 3 minutes more, until firm to the touch.
- Transfer the chops to a plate. Tent loosely with aluminum foil and set aside. In a shallow bowl, whisk together the eggs, milk and vanilla until frothy. With a sharp serrated knife, split the bread horizontally, leaving one end intact like a book.
- Place a pork chop inside each slice of bread. Preheat a large skillet over medium-low heat.
- Add 2 tablespoons of the butter and heat until melted. Dip one bread package into the egg mixture, coating well.
- Place it directly in the skillet. Repeat for two more slices, or whatever will fit in your pan. Cook for 2 to 3 minutes, until golden brown. Flip and cook 2 to 3 minutes more, until the other side is golden brown.
- Transfer the stuffed toast to a platter and cover loosely. Repeat the process, using the remaining butter and bread until done.
- Serve immediately. Try out these French toast recipes for brunch on Food Republic: [Thai Iced Tea French Toast Recipe](#)
- [Banana-Stuffed French Toast Recipe](#)

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:21.328260833802%

Nutrients (% of daily need)

Calories: 486.7kcal (24.33%), Fat: 28.38g (43.67%), Saturated Fat: 11.65g (72.8%), Carbohydrates: 18.33g (6.11%), Net Carbohydrates: 17.27g (6.28%), Sugar: 3.03g (3.37%), Cholesterol: 274.75mg (91.58%), Sodium: 594.13mg (25.83%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 37.85g (75.69%), Selenium: 58.16µg (83.08%), Vitamin B1: 0.92mg (61.18%), Vitamin B3: 10.76mg (53.77%), Vitamin B6: 1.05mg (52.73%), Iron: 7.46mg (41.44%), Phosphorus: 402.67mg (40.27%), Vitamin B2: 0.47mg (27.46%), Vitamin B12: 1.17µg (19.54%), Zinc: 2.7mg (17.99%), Vitamin B5: 1.7mg (16.98%), Potassium: 580.04mg (16.57%), Magnesium: 41.76mg (10.44%), Vitamin D: 1.53µg (10.19%), Vitamin A: 493.37IU (9.87%), Vitamin E: 0.86mg (5.74%), Copper: 0.11mg (5.43%), Folate: 20.98µg (5.24%), Calcium: 50.13mg (5.01%), Fiber: 1.07g (4.26%), Manganese: 0.05mg (2.43%)