



Portuguese Bread French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



424 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pound portuguese bread sweet
- ☐ 5 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 cups milk
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 teaspoon orange zest
- ☐ 2 tablespoons butter unsalted cubed
- ☐ 0.3 cup sugar white

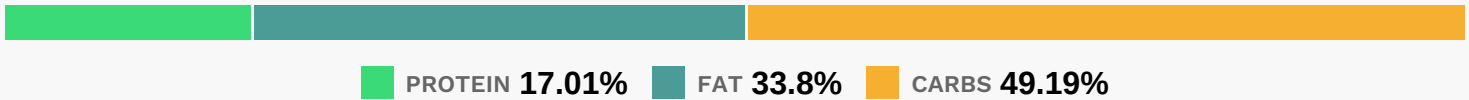
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Whisk together the eggs, milk, sugar, cinnamon, nutmeg, and orange rind in a medium mixing bowl.
- ☐ Cut the bread into seven or eight slices, and lay them, overlapping, in a large baking dish.
- ☐ Pour the egg mixture over the bread, covering every slice. The bread should not be entirely submerged though; the higher parts should become toasted and crispy.
- ☐ Dot the bread with the butter.
- ☐ Bake the French toast in the oven for 35 to 45 minutes until the custard is set.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.29, Glycemic Load:28.03, Inflammation Score:-6, Nutrition Score:18.973043358844%

Nutrients (% of daily need)

Calories: 424.33kcal (21.22%), Fat: 15.99g (24.6%), Saturated Fat: 7.14g (44.63%), Carbohydrates: 52.37g (17.46%), Net Carbohydrates: 49.19g (17.89%), Sugar: 20.66g (22.96%), Cholesterol: 165.95mg (55.32%), Sodium: 472.11mg (20.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.21%), Selenium: 36.23µg (51.75%), Manganese: 0.95mg (47.62%), Vitamin B2: 0.59mg (34.48%), Phosphorus: 336.07mg (33.61%), Calcium: 318.83mg (31.88%), Vitamin B1: 0.42mg (27.85%), Vitamin B3: 4.43mg (22.17%), Folate: 81.87µg (20.47%), Vitamin B12: 1.21µg (20.21%), Iron: 3.39mg (18.83%), Vitamin B5: 1.8mg (17.96%), Vitamin D: 2.59µg (17.28%), Magnesium: 55.49mg (13.87%), Zinc: 1.94mg (12.92%), Fiber: 3.18g (12.73%), Vitamin B6: 0.25mg (12.34%), Vitamin A: 581.71IU (11.63%),

Potassium: 404.49mg (11.56%), Copper: 0.14mg (7.19%), Vitamin E: 0.72mg (4.82%), Vitamin K: 4.68µg (4.46%)