



Pound Cake French Toast

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 large eggs
- ☐ 1.5 cups milk
- ☐ 8 servings mint leaves fresh
- ☐ 16 slices round cake (1/2-inch)

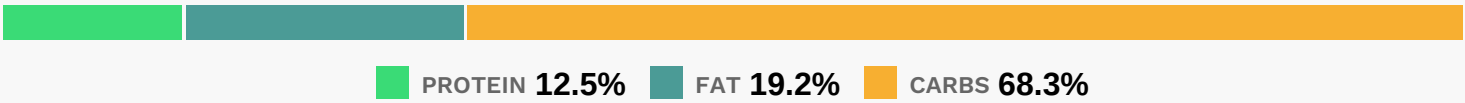
Equipment

- ☐ frying pan

Directions

- ☐ Stir together eggs and milk in a shallow dish.
- ☐ Dip pound cake slices in egg mixture, evenly coating both sides. Cook pound cake slices, in batches, in a lightly greased large nonstick skillet over medium heat 2 1/2 minutes on each side or until golden brown.
- ☐ Serve with Maple-Mint Cream and Raspberry Sauce, if desired.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:7.1499999372855%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 228.96kcal (11.45%), Fat: 4.88g (7.5%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 38.64g (14.05%), Sugar: 24.29g (26.99%), Cholesterol: 136.44mg (45.48%), Sodium: 418.12mg (18.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.28%), Vitamin B2: 0.31mg (18.4%), Selenium: 12.09µg (17.26%), Phosphorus: 166.26mg (16.63%), Vitamin B1: 0.18mg (11.98%), Iron: 2.01mg (11.17%), Calcium: 111.2mg (11.12%), Folate: 38.15µg (9.54%), Vitamin B12: 0.56µg (9.3%), Vitamin B5: 0.75mg (7.48%), Manganese: 0.14mg (7.24%), Vitamin D: 1µg (6.65%), Vitamin A: 310.24IU (6.2%), Vitamin B3: 1.24mg (6.19%), Zinc: 0.75mg (4.98%), Vitamin B6: 0.09mg (4.61%), Potassium: 159.59mg (4.56%), Magnesium: 15.14mg (3.79%), Copper: 0.05mg (2.72%), Vitamin E: 0.36mg (2.42%), Fiber: 0.38g (1.52%)