



 17%  
HEALTH SCORE

# Pumpkin French Toast

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



471 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 12 Slices bread
- 4 Tbs brown sugar
- 4 Tbs brown sugar
- 1 teaspoon cinnamon
- 4 eggs
- 4 servings maple syrup
- 0.5 cup milk
- 0.3 teaspoon nutmeg

- 0.3 teaspoon pumpkin pie spice
- 0.5 cup pumpkin puree
- 0.5 teaspoon vanilla

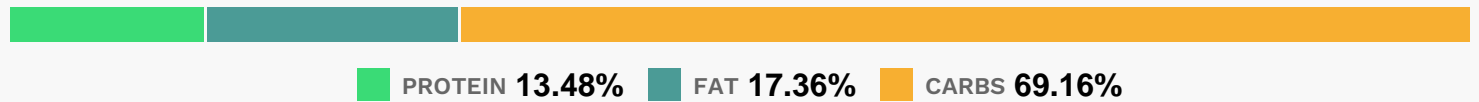
## Equipment

- grill

## Directions

- Mix the eggs, milk, pumpkin, vanilla, brown sugar and spices into a dish for dipping. Dip the bread into the egg mixture until evenly coated on both sides, cooks on a grill heated to 350 degrees for about 2–3 minutes per side or until golden brown.
- Serve hot with butter and maple syrup or as we did with pumpkin butter.

## Nutrition Facts



## Properties

Glycemic Index:52.04, Glycemic Load:26.93, Inflammation Score:-10, Nutrition Score:24.084347826087%

## Taste

Sweetness: 100%, Saltiness: 40.97%, Sourness: 7.7%, Bitterness: 4.44%, Savoriness: 24.9%, Fattiness: 38.01%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 470.75kcal (23.54%), Fat: 9.12g (14.03%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 81.75g (27.25%), Net Carbohydrates: 77.19g (28.07%), Sugar: 42.84g (47.6%), Cholesterol: 167.34mg (55.78%), Sodium: 481.62mg (20.94%), Protein: 15.93g (31.87%), Vitamin A: 5056.79IU (101.14%), Manganese: 1.65mg (82.39%), Selenium: 38.72µg (55.31%), Vitamin B2: 0.73mg (42.72%), Vitamin B1: 0.4mg (26.75%), Iron: 4.48mg (24.9%), Vitamin B3: 4.93mg (24.64%), Folate: 96.15µg (24.04%), Phosphorus: 238.73mg (23.87%), Calcium: 222.99mg (22.3%), Fiber: 4.56g (18.23%), Vitamin B5: 1.63mg (16.33%), Magnesium: 57.54mg (14.39%), Zinc: 1.78mg (11.87%), Vitamin B6: 0.22mg (10.76%), Potassium: 369.08mg (10.55%), Copper: 0.2mg (10.21%), Vitamin B12: 0.56µg (9.27%), Vitamin K: 9.43µg (8.98%), Vitamin D: 1.22µg (8.1%), Vitamin E: 0.98mg (6.5%), Vitamin C: 1.51mg (1.83%)