



Pumpkin Pie French Toast

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



304 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 slices day-old bread
- ☐ 0.3 cup pumpkin puree canned
- ☐ 3 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup half-and-half cream
- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts finely chopped

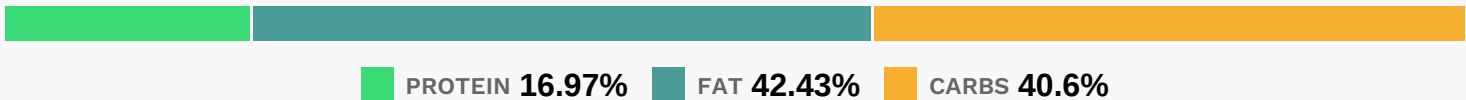
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a lightly oiled skillet over medium heat.
- ☐ Whisk eggs, half and half, pumpkin, cinnamon, vanilla extract, pumpkin pie spice, and walnuts together in a bowl. Soak one slice of bread at a time in the pumpkin mixture, then place in the prepared skilled. Repeat with the remaining slices of bread. Stir the pumpkin mixture between dips to keep the walnuts from settling. Cook the bread until golden brown, about 3 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:14.4, Inflammation Score:-9, Nutrition Score:16.45304322761%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 304.27kcal (15.21%), Fat: 14.41g (22.18%), Saturated Fat: 4.17g (26.07%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 27.57g (10.03%), Sugar: 5.44g (6.04%), Cholesterol: 150.09mg (50.03%), Sodium: 337.7mg (14.68%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Protein: 12.97g (25.94%), Vitamin A: 2697.05IU (53.94%), Manganese: 1.06mg (53.01%), Selenium: 29.06µg (41.51%), Vitamin B2: 0.39mg (23.04%), Phosphorus: 206.42mg (20.64%), Vitamin B1: 0.28mg (18.88%), Folate: 75.2µg (18.8%), Iron: 3.18mg (17.67%), Vitamin B3: 3.34mg (16.72%), Calcium: 140.49mg (14.05%), Fiber: 3.46g (13.83%), Copper: 0.25mg (12.41%), Vitamin B5: 1.23mg (12.27%), Magnesium: 46.15mg (11.54%), Zinc: 1.45mg (9.66%), Vitamin B6: 0.19mg (9.52%), Potassium: 238.9mg (6.83%), Vitamin B12: 0.39µg (6.52%), Vitamin K: 6.09µg (5.8%), Vitamin E: 0.8mg (5.36%), Vitamin D: 0.75µg (5%), Vitamin C: 1.17mg (1.42%)