



Pumpkin Pie French Toast



Vegetarian



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 slices bread
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 eggs
- ☐ 0.3 teaspoon ginger
- ☐ 0.3 cup milk
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 cup pumpkin puree

☐ 0.3 teaspoon vanilla

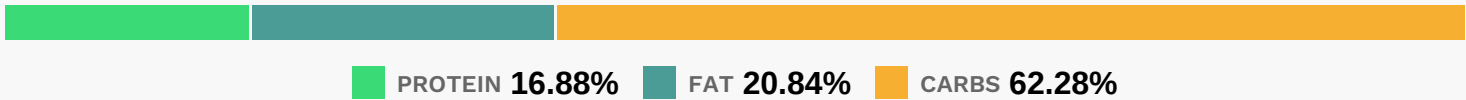
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Mix the eggs, milk, pumpkin puree, vanilla, cinnamon, ginger, cloves, nutmeg and brown sugar in low flat bowl for easy dipping.
- ☐ Heat a pan over medium heat.Dip the bread into the egg mixture on both sides and grill in a pan until lightly golden brown, about 2-3 minute per side.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:14.58, Inflammation Score:-9, Nutrition Score:12.831304464651%

Nutrients (% of daily need)

Calories: 223.82kcal (11.19%), Fat: 5.19g (7.98%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 34.88g (11.63%), Net Carbohydrates: 32.05g (11.65%), Sugar: 10.41g (11.56%), Cholesterol: 83.67mg (27.89%), Sodium: 304.43mg (13.24%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 9.46g (18.91%), Vitamin A: 2528.51IU (50.57%), Manganese: 0.75mg (37.36%), Selenium: 23.31µg (33.31%), Vitamin B1: 0.25mg (16.77%), Vitamin B3: 3.23mg (16.16%), Vitamin B2: 0.27mg (15.96%), Folate: 59.91µg (14.98%), Iron: 2.68mg (14.89%), Phosphorus: 137.15mg (13.72%), Fiber: 2.83g (11.33%), Calcium: 112.71mg (11.27%), Vitamin B5: 0.92mg (9.24%), Magnesium: 31.84mg (7.96%), Zinc: 0.96mg (6.42%), Vitamin B6: 0.12mg (6.03%), Copper: 0.12mg (6%), Vitamin K: 5.38µg (5.13%), Potassium: 173.9mg (4.97%), Vitamin B12: 0.28µg (4.64%), Vitamin D: 0.61µg (4.05%), Vitamin E: 0.51mg (3.42%)