



Snow Day French Toast

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 eggs
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup milk
- ☐ 6 slices raisin bread
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar white

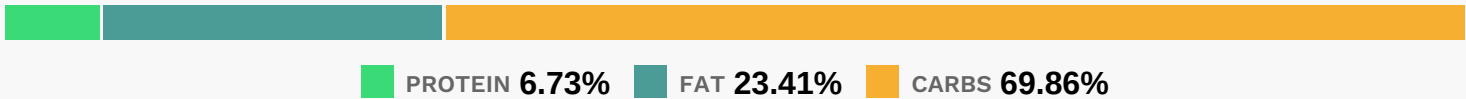
Equipment

☐ frying pan

Directions

- ☐ Mix eggs, milk, salt, and nutmeg together with a fork, until the whole mixture is pale yellow.
- ☐ Pour this into a low, flat pan or a large, shallow dish.
- ☐ If you are using English muffins, cut them in half so that you have six halves.
- ☐ Let the halves or the slices of bread soak on each side in the egg mixture.
- ☐ Spread a layer of granulated sugar on a plate, and dip both sides of the bread in sugar.
- ☐ Heat a griddle or skillet over medium heat. Put about half a tablespoon of butter in the pan, and let it melt.
- ☐ Place two muffin halves or slices of bread in the pan. Cook for 2 to 3 minutes on each side. Wipe old butter out of pan, and repeat with remaining slices of bread.

Nutrition Facts



Properties

Glycemic Index:49.85, Glycemic Load:32.53, Inflammation Score:-2, Nutrition Score:4.8978260849481%

Nutrients (% of daily need)

Calories: 267.08kcal (13.35%), Fat: 7.14g (10.99%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 47.94g (15.98%), Net Carbohydrates: 46.79g (17.01%), Sugar: 35.83g (39.81%), Cholesterol: 67.03mg (22.34%), Sodium: 246.04mg (10.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Selenium: 10.34µg (14.77%), Vitamin B2: 0.21mg (12.15%), Folate: 34.72µg (8.68%), Phosphorus: 79.39mg (7.94%), Vitamin B1: 0.11mg (7.08%), Manganese: 0.14mg (7.08%), Iron: 1.03mg (5.75%), Calcium: 52.2mg (5.22%), Vitamin B3: 0.94mg (4.69%), Fiber: 1.15g (4.61%), Vitamin A: 228.93IU (4.58%), Vitamin B12: 0.25µg (4.14%), Vitamin B5: 0.41mg (4.06%), Vitamin D: 0.52µg (3.45%), Copper: 0.07mg (3.32%), Potassium: 112.15mg (3.2%), Zinc: 0.47mg (3.14%), Magnesium: 11.36mg (2.84%), Vitamin B6: 0.06mg (2.78%), Vitamin E: 0.35mg (2.3%)