



## Spiced French toast

READY IN



15 min.

SERVINGS



4

CALORIES



462 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 4 tbsp butter soft
- ☐ 2 tsp cinnamon
- ☐ 2 eggs beaten
- ☐ 100 ml milk
- ☐ 4 cross buns split hot
- ☐ 4 servings vanilla ice cream and maple syrup

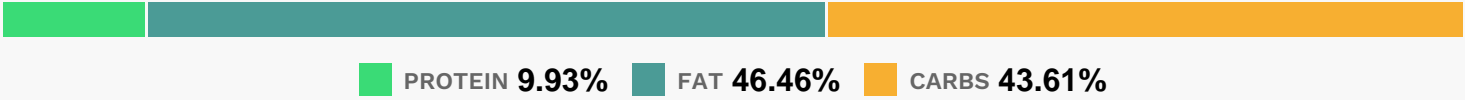
## Equipment

- ☐ frying pan

# Directions

- ☐ Mix 3 tbsp of the butter with half the cinnamon and mash together. Beat together the egg, milk and remaining cinnamon. Sandwich 2 slices of hot cross bun together with half the cinnamon butter and repeat with the remaining two slices.
- ☐ Dip in the egg mix and leave to soak for a few secs.
- ☐ Heat the butter in a frying pan until foaming. Cook the hot cross buns for 1–2 mins each side until light golden (you may need to do this in two batches). Press down on them as you cook.
- ☐ Serve each portion topped with a scoop of ice cream and a drizzle of maple syrup, if you like.

## Nutrition Facts



## Properties

Glycemic Index:56.75, Glycemic Load:32.66, Inflammation Score:-4, Nutrition Score:9.5656521501748%

## Nutrients (% of daily need)

Calories: 461.81kcal (23.09%), Fat: 23.91g (36.79%), Saturated Fat: 12.95g (80.96%), Carbohydrates: 50.51g (16.84%), Net Carbohydrates: 48.3g (17.56%), Sugar: 19.68g (21.87%), Cholesterol: 144.5mg (48.17%), Sodium: 477.79mg (20.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.5g (22.99%), Iron: 11.21mg (62.25%), Vitamin B2: 0.3mg (17.64%), Vitamin A: 797.12IU (15.94%), Calcium: 151.34mg (15.13%), Phosphorus: 143.14mg (14.31%), Selenium: 8.61µg (12.31%), Manganese: 0.24mg (11.98%), Vitamin B12: 0.62µg (10.28%), Fiber: 2.22g (8.87%), Vitamin B5: 0.84mg (8.37%), Potassium: 209.39mg (5.98%), Zinc: 0.88mg (5.88%), Vitamin D: 0.86µg (5.7%), Vitamin E: 0.8mg (5.34%), Vitamin B6: 0.09mg (4.36%), Magnesium: 16.04mg (4.01%), Folate: 14.14µg (3.54%), Vitamin B1: 0.05mg (3.42%), Copper: 0.04mg (1.78%), Vitamin K: 1.74µg (1.66%)