



Spicy Coconut French Toast

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



549 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 eggs
- 1 loaf bread french cut into slices
- 6 servings vegetable oil
- 0.5 teaspoon ground pepper (less if sensitive to heat)
- 6 servings maple syrup pure for serving
- 0.3 teaspoon nutmeg
- 1 pinch salt
- 1 tablespoon sugar

- 1.5 cups coconut shredded sweetened
- 1 teaspoon vanilla extract
- 1 cup milk whole

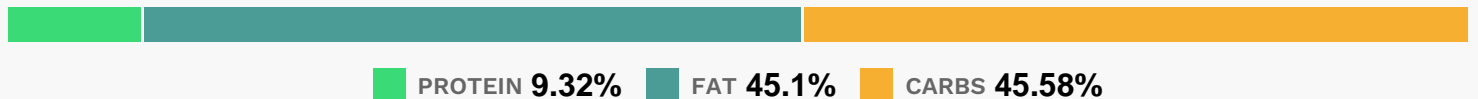
Equipment

- bowl
- frying pan
- whisk
- baking pan

Directions

- Heat a large skillet to medium.
- Whisk the milk, eggs, salt, vanilla extract, sugar, cayenne pepper, and nutmeg together in a baking dish or large bowl.
- Pour the coconut onto a plate.
- Pour enough oil in the skillet to completely coat the bottom. Dip each slice of bread into the egg mixture for 15–20 seconds per side. Then dip the slices in the coconut on both sides for an even coat. When the oil is hot, start frying one slice as a test batch. Cook for 1 minute per side. Watch for a crispy golden-brown crust. The coconut may turn a deep brown, but avoid BLACK! If the coconut burns before the crust has formed, turn the heat down a little.
- Add more oil as needed and continue with the rest of the bread.
- Serve warm with maple syrup and berries!

Nutrition Facts



Properties

Glycemic Index:54.52, Glycemic Load:33.74, Inflammation Score:-5, Nutrition Score:18.198260869565%

Taste

Sweetness: 100%, Saltiness: 45.06%, Sourness: 19.45%, Bitterness: 6.32%, Savoriness: 32.31%, Fattiness: 84.57%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 548.75kcal (27.44%), Fat: 27.76g (42.7%), Saturated Fat: 11.27g (70.44%), Carbohydrates: 63.12g (21.04%), Net Carbohydrates: 60.58g (22.03%), Sugar: 28.96g (32.18%), Cholesterol: 114mg (38%), Sodium: 525.79mg (22.86%), Alcohol: 0.23g (1.27%), Protein: 12.9g (25.81%), Manganese: 1.38mg (69.17%), Selenium: 32.63µg (46.61%), Vitamin B2: 0.74mg (43.29%), Vitamin B1: 0.53mg (35.26%), Vitamin K: 26.62µg (25.36%), Folate: 97.83µg (24.46%), Iron: 3.59mg (19.97%), Phosphorus: 193.93mg (19.39%), Vitamin B3: 3.42mg (17.1%), Calcium: 126.79mg (12.68%), Zinc: 1.79mg (11.97%), Vitamin E: 1.75mg (11.67%), Magnesium: 45.67mg (11.42%), Vitamin B6: 0.21mg (10.57%), Fiber: 2.54g (10.17%), Vitamin B5: 0.99mg (9.87%), Copper: 0.2mg (9.77%), Potassium: 304.98mg (8.71%), Vitamin B12: 0.48µg (8.01%), Vitamin D: 1.03µg (6.89%), Vitamin A: 293.71IU (5.87%)