

# Sunday Brunch: Bourbon Vanilla French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



475 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 cup bourbon
- 8 slices bread white thick
- 4 servings canola oil
- 3 large eggs
- 0.5 cup milk (or 1 percent milk)
- 4 servings maple syrup warmed
- 1 vanilla pod split
- 1 teaspoon vanilla extract pure

- 1 cup milk whole
- 1 teaspoon frangelico
- 1 teaspoon frangelico

## Equipment

- frying pan
- baking sheet
- oven
- wire rack

## Directions

- Set an ovenproof platter or a baking sheet with a cooling rack on top of it into the oven, and turn on the oven to 200°F.
- Combine the milk, cream, eggs, vanilla extract, pod, and seeds, the cinnamon, and bourbon in a wide, shallow dish (a pie plate works great)
- Heat a large cast-iron or nonstick skillet or griddle over medium-low heat for a minute or 2, then grease the pan with a teaspoon or more of butter, or, if you prefer, oil. When the butter starts to sizzle (or, if you're substituting oil, when it slides easily from side to side) turn the heat up a touch.
- Dip the bread into the batter, lightly coating each side, then gently shake off any excess batter and put the battered bread directly into the preheated pan. Cook the French toast 5 to 6 minutes in total, flipping once or twice, until golden brown.
- Transfer finished batches of toast to the platter in the oven. Repeat with remaining bread slices, adding more butter or more oil to the pan as necessary. Put your serving plates in the oven to warm before adding the last of the batter to the pan.
- You can serve the French toast immediately, or hold it up to 30 minutes without any major degradation in quality.
- Serve with warmed maple syrup.

## Nutrition Facts

   PROTEIN 12.52%    FAT 46.26%    CARBS 41.22%

## Properties

Glycemic Index:37.04, Glycemic Load:20.29, Inflammation Score:-5, Nutrition Score:16.878695659663%

## Nutrients (% of daily need)

Calories: 474.58kcal (23.73%), Fat: 22.52g (34.65%), Saturated Fat: 3.9g (24.35%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 42.92g (15.61%), Sugar: 19.86g (22.06%), Cholesterol: 148.29mg (49.43%), Sodium: 354.86mg (15.43%), Alcohol: 5.35g (100%), Alcohol %: 2.88% (100%), Protein: 13.72g (27.43%), Manganese: 1.15mg (57.32%), Selenium: 29.42 $\mu$ g (42.03%), Vitamin B2: 0.69mg (40.8%), Phosphorus: 239.15mg (23.91%), Calcium: 225.11mg (22.51%), Vitamin B1: 0.31mg (20.69%), Vitamin E: 2.99mg (19.91%), Folate: 65.82 $\mu$ g (16.45%), Vitamin B3: 3.28mg (16.39%), Iron: 2.7mg (15.01%), Vitamin B12: 0.84 $\mu$ g (14.05%), Vitamin B5: 1.37mg (13.68%), Vitamin K: 13.05 $\mu$ g (12.43%), Vitamin D: 1.75 $\mu$ g (11.64%), Magnesium: 42.64mg (10.66%), Zinc: 1.59mg (10.6%), Vitamin B6: 0.18mg (9.06%), Potassium: 315.89mg (9.03%), Fiber: 2.24g (8.96%), Vitamin A: 360.26IU (7.21%), Copper: 0.11mg (5.73%)