



## Thymey-Wimey French Toast

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



475 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup butter melted
- 2 slices top thick
- 0.3 cup milk
- 2 servings salt and cracked pepper black to taste
- 0.3 cup sharp cheddar cheese shredded
- 2 teaspoons thyme leaves dried

### Equipment

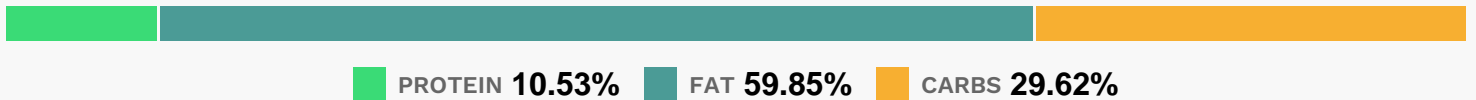
- frying pan

- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Whisk melted butter and milk together with a fork. Soak the bread slices in the milk mixture, turning to cover both sides completely.
- Sprinkle half of the thyme over one side of the bread pieces.
- Heat a dry skillet over medium–low heat, and fry the bread, thyme–side down, until lightly browned, about 5 minutes.
- Sprinkle the remaining thyme over the bread; turn over and fry until lightly browned, about 5 minutes more.
- Transfer to a baking sheet; sprinkle with the Cheddar cheese.
- Bake in the preheated oven until the cheese is bubbly, about 10 minutes.
- Remove and serve immediately with salt and cracked pepper.

## Nutrition Facts



## Properties

Glycemic Index:120.25, Glycemic Load:26.37, Inflammation Score:-9, Nutrition Score:12.759999980097%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg

## Nutrients (% of daily need)

Calories: 474.69kcal (23.73%), Fat: 31.97g (49.19%), Saturated Fat: 19.12g (119.47%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 33.92g (12.33%), Sugar: 4.5g (5%), Cholesterol: 83.5mg (27.83%), Sodium: 896.46mg (38.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.31%), Selenium: 24.5µg (35%), Vitamin B1: 0.48mg (31.95%), Vitamin B2: 0.42mg (24.56%), Calcium: 218.98mg (21.9%), Folate: 84.43µg (21.1%), Vitamin A: 1042.23IU (20.84%), Phosphorus: 193.19mg (19.32%), Manganese: 0.37mg (18.67%), Iron: 2.89mg (16.05%), Vitamin B3: 3.17mg (15.88%), Zinc: 1.54mg (10.29%), Magnesium: 33mg (8.25%), Vitamin B12: 0.41µg (6.88%), Fiber: 1.69g (6.75%),

Vitamin E: 0.95mg (6.33%), Copper: 0.12mg (5.75%), Vitamin B6: 0.11mg (5.39%), Vitamin B5: 0.44mg (4.45%), Potassium: 154.16mg (4.4%), Vitamin C: 3.2mg (3.88%), Vitamin D: 0.45µg (2.99%), Vitamin K: 2.98µg (2.84%)