

## French Toast



### Makes:

4 servings, 2 slices each

### Utensil:

12" Electric Oil Core Skillet  
small mixing bowl

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### Contributed By:

Saladmaster® Oil Core Skillet Healthy Cooking Guide  
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### Recipe Description:

Watch this [recipe video](#) to learn how to prepare this delicious breakfast with Saladmaster.

<sup>3</sup>?<sub>4</sub>

cup

egg substitute, or 3 eggs, beaten

(178

mL)

<sup>1</sup>?<sub>3</sub>

cup

evaporated skim milk

(80

mL)

<sup>1</sup>?<sub>4</sub>

teaspoon

vanilla extract

(1.25

mL)

<sup>1</sup>?<sub>8</sub>

teaspoon

ground nutmeg

(0.6  
mL)

8

slices

French bread, 1-inch (2.5 cm) thick

**Directions:**

1. Preheat covered electric skillet to 325°F/165°C.
2. In shallow bowl, whisk together egg substitute, skim milk, vanilla and nutmeg.
3. Dip bread into egg mixture, turn and soak other side. Transfer to platter.
4. Arrange bread slices in a single layer in electric skillet.
5. Slowly pour any remaining egg mixture onto bread slices, allowing to soak.
6. Cook 2-3 minutes, until evenly browned. Turn to brown other side, 1-2 minutes.
7. Serve warm with maple syrup, if desired.

Nutritional Information per Serving

**Calories:**

259

**Total Fat:**

3g

**Saturated Fat:**

1g

**Cholesterol:**

1mg

**Sodium:**

563mg

**Total Carbs:**

42g

**Dietary Fiber:**

2g

**Sugar:**

5g

**Protein:**

15g

Nutritional analysis is calculated using egg substitute.