

French Toast



Makes:

4 servings, 2 slices each

Utensil:

12" Electric Oil Core Skillet
small mixing bowl

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Recipe:

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.

$\frac{3}{4}$ cup
egg substitute, or 3 eggs, beaten
(178
mL)
 $\frac{1}{3}$ cup
evaporated skim milk
(80
mL)
 $\frac{1}{4}$ teaspoon
vanilla extract
(1.25
mL)
 $\frac{1}{8}$ 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 42g

Carbs:

Dietary Fiber: 2g

Sugar: 5g

Protein: 15g

Nutritional analysis is calculated using egg substitute.