

French Toast

Yield: 10 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/norwegian-toast-recipe>

Ingredients:

- 4 eggs beaten
- 1 cup milk 2%
- 2 tablespoons sugar
- 2 teaspoons vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 tablespoons butter
- 1 loaf Texas toast or use any bread

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 95 milligrams
4. Fat: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 60 milligrams
8. Sugar: 4 grams

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