

Spiked Egg Nog French Toast

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-comfort-egg-nog-recipe>

Ingredients:

- 2 eggs
- 1/2 cup egg nog store bought
- 2 tablespoons spiced rum optional
- 1/4 teaspoon pumpkin pie spice or 1/8 t. cinnamon plus 1/8 t. nutmeg
- 6 slices bread

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 125 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 2 grams
8. Sodium: 310 milligrams
9. Sugar: 4 grams

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