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Kid's Sourdough French Toast with Bacon

A delicious and kid-friendly recipe for sourdough French toast with crispy bacon. This classic breakfast dish is made with sourdough bread, eggs, milk, and a touch of cinnamon. The bacon adds a savory twist that kids will love. Perfect for a weekend brunch or a special treat.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

8 slices	Sourdough bread
4 large	Eggs
1 c	Milk
1 tsp	Cinnamon

8 slices bacon

Directions

Step 1

Mixing

In a shallow dish, whisk together the eggs, milk, and cinnamon.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Dipping

Dip each slice of sourdough bread into the egg mixture, coating both sides.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

In a large skillet, cook the bacon until crispy. Remove from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Frying

In the same skillet, cook the soaked sourdough bread slices until golden brown on both sides.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Plating

Serve the French toast with crispy bacon on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 55 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	55 g	100%	110%
Fibers	3 g	7.89%	12%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	15 g	53.57%	60%
Cholesterol	180 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast Brunch Snack Supper

Nutritional Content

High Protein Low Fat Low Carb High Fiber Low Sodium Sugar-Free
High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers Main Dishes Side Dishes Desserts Drinks Breads Salads

Difficulty Level

Medium

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