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Buttermilk French Toast · ·

Buttermilk French Toast is a classic breakfast dish made with thick slices of bread soaked in a mixture of buttermilk, eggs, and vanilla extract. It is then cooked until golden brown and served with maple syrup and butter. This recipe is perfect for a weekend brunch or a special occasion breakfast.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 100 grams

Number of Servings: 4

Serving Size: 25 g

Ingredients

4	thick slices of bread
pieces	
1 c	buttermilk
4 large	Eggs
1 tsp	vanilla extract

4 tbsp maple syrup

4 tbsp butter

Directions

Step 1

Mixing

In a shallow dish, whisk together the buttermilk, eggs, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Dipping

Dip each slice of bread into the buttermilk mixture, allowing it to soak for a few seconds on each side.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Heating

Heat a large skillet or griddle over medium heat and melt 1 tablespoon of butter.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Grilling

Cook the soaked bread slices in the skillet until golden brown on both sides, about 2-3 minutes per side.

Prep Time: 0 mins

Cook Time: 6 mins

Step 5

Grilling

Repeat with the remaining bread slices, adding more butter to the skillet as needed.

Prep Time: 0 mins

Cook Time: 6 mins

Step 6

Serving

Serve the Buttermilk French Toast hot with maple syrup and butter.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 9 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	9 g	52.94%	52.94%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	8 g	28.57%	32%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	0 mg	0%	0%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	150 mg	4.41%	5.77%
Zinc	4 mg	36.36%	50%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

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

Desserts

Drinks

Difficulty Level

Medium

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