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Cinnamon and Allspice French Toast ••

Cinnamon and Allspice French Toast is a delicious and flavorful breakfast dish that is perfect for a cozy morning. This classic recipe features thick slices of bread soaked in a mixture of eggs, milk, cinnamon, and allspice, then cooked until golden brown. It is often served with maple syrup or powdered sugar for added sweetness. Enjoy this comforting and satisfying breakfast treat with your loved ones!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

8
pieces bread slices

4
pieces Eggs

1 c	Milk
1 tsp	Cinnamon
1 tsp	Allspice
4 tbsp	maple syrup
4 tbsp	powdered sugar

Directions

Step 1

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Dipping

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Heating

Heat a non-stick skillet or griddle over medium heat and lightly grease it with butter or cooking spray.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cooking

Place the soaked bread slices onto the heated skillet or griddle and cook until golden brown, about 2-3 minutes per side.

Prep Time: 0 mins

Cook Time: 6 mins

Step 5

Serving

Serve the French toast warm with maple syrup and powdered sugar.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 280 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
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)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	185 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
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	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	260 mg	11.3%	11.3%
Calcium	15 mg	1.5%	1.5%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	18 mcg	32.73%	32.73%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Nutritional Content

Low Calorie

Low Fat

Course

Appetizers

Main Dishes

Desserts

Breads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Difficulty Level

Easy

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