

Featured Recipe at

*The Nest*

in Louisville Hall

# Microwave French Toast



- Whisk the egg and milk together in a bowl. Mix in the sugar and add in vanilla.
- Take your day old bread slice and let it soak it in the liquid mixture for 30 seconds. Coat both sides.

1 slice of day old whole wheat bread  
1 egg  
1 teaspoon sugar  
Dash of vanilla  
½ cup of milk  
¼ tsp cinnamon  
2 tbs light syrup

- Take a microwaveable plate and place the coated bread slice on it. Place the plate in the microwave and microwave for 1 minute....

*The Nest* convenience store

located in Louisville Hall.

**basicpantry**

UofL Campus Health Services

UofL Dining Services  
by sodexo



# Microwave French Toast

. Turn the bread slice and microwave for another minute. You may need to play with these times depending on the thickness of your bread.

Sprinkle the french toast with powdered sugar and cinnamon and serve with light maple syrup and berries.

## Nutrition Facts

Serving Size 1 parfait

Serving per Recipe 2

Amount per RECIPE

**Calories** 400

**Calories from Fat** 162

% Daily Value

**Total Fat** 18g

27%

Saturated Fat 12g

60%

**Cholesterol** 0mg

0%

**Sodium** 380mg

15%

**Total Carbohydrate** 66g

22%

Dietary Fiber 0g

0%

Sugars 36g

**Protein** 6g

12%

Est. Percent Calories From:

Fat

41%

Carbs

66%

Protein

6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Note:

[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

HEALTH  
PROMOTION



sodexo