# Deep Fried French Toast

NIBBLEDISH CONTRIBUTOR

## Ingredients

FOR 3

- **6 pieces** of Toast
- **3 large** eggs
- **1 pinch** salt
- **1 pinch** sugar
- **150 ml** milk
- **400 ml** oil for frying

## Instructions

Combine eggs, milk, sugar and salt in a bowl. Whisk the mixture.

Dip the bread evenly on both sides in egg mixture. Don’t leave the bread in the mixture too long otherwise it will fall apart.

Heat the oil in a roasting pan on medium heat. When the oil is hot, put the bread in the oil and fry it golden brown on both sizes.

When done, take it out of the oil and leave it for a minute to flow off extra oil. Serve with sprinkling some salt or sugar on top.

NUTRITIONAL VALUES (1,4 to 1,6 PAL which corresponds to moderate activity of an office job)

WOMAN

Calories 34% RDA,

Protein 40% RDA,

Fats 70% RDA,

Cholesterol 72% RDA,

Carbs 18% RDA,

Sugar 14% RDA,

MAN

Calories 27% RDA,

Protein 32% RDA,

Fats 53% RDA,

Cholesterol 72% RDA,

Carbs 14% RDA,

Sugar 11% RDA.