

**FRENCH TOAST**

**Yield** 100

**Portion** 2 Slices

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
206 cal	29 g	9 g	6 g	148 mg	324 mg	94 mg

**Ingredient**

WATER  
 SUGAR, GRANULATED  
 MILK, NONFAT, DRY  
 EGGS, WHOLE, FROZEN  
 BREAD, WHITE, SLICED  
 COOKING SPRAY, NONSTICK

**Weight**

5-3/4 lbs  
 10-5/8 oz  
 5-5/8 oz  
 7-1/2 lbs  
 11 lbs  
 2 oz

**Measure**

2 qts 3 cup  
 1-1/2 cup  
 2-3/8 cup  
 3 qts 2 cup  
 200 sl  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Place water in a mixer bowl.
- 2 Combine water, milk and sugar; blend well. Whip on low speed until dissolved, about 1 minute.
- 3 Add eggs to ingredients in mixer bowl; whip on medium speed until well blended, about 2 minutes.
- 4 Dip bread in egg mixture to coat both sides. DO NOT SOAK.
- 5 Lightly spray grill with non-stick spray. Place bread on griddle; cook on each side about 1-1/2 minutes or until golden brown.  
 CCP: Internal temperature must reach 145 F. or higher for 15 seconds.