

FRENCH TOAST

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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.