

ENGLISH MUFFIN FRENCH TOAST

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
206 cal	30 g	9 g	5 g	147 mg	319 mg	139 mg

**Ingredient**

WATER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 ENGLISH MUFFINS,SPLIT OR CUT  
 COOKING SPRAY,NONSTICK

**Weight**

5-3/4 lbs  
 5-5/8 oz  
 10-5/8 oz  
 7-1/2 lbs  
 12-5/8 lbs  
 2 oz

**Measure**

2 qts 3 cup  
 2-3/8 cup  
 1-1/2 cup  
 3 qts 2 cup  
 100 each  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Place water in mixer bowl.
- 2 Combine milk and sugar; blend well. Add to water; 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 Cut muffins in half; dip split muffins in batter 30 seconds. DO NOT SOAK.
- 5 Lightly spray griddle with non-stick spray. Place muffins on griddle, cut side down. Grill about 3 minutes; turn, grill on crust side about 1-1/2 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.