

**FRENCH TOAST (FROZEN EGGS AND EGG WHITES)**

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	29 g	8 g	4 g	69 mg	324 mg	85 mg

**Ingredient**

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

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Place water in mixing bowl.
- 2 Combine milk and sugar; blend well. Add to water; whip on low speed until dissolved, about 1 minute.
- 3 Add whole eggs and egg whites 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 griddle 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.