



Almond-Butter-and-Jelly French Toast

READY IN



30 min.

SERVINGS



30

CALORIES



90 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup smooth almond butter salted
- ☐ 3 cups berries mixed frozen
- ☐ 3 large eggs (large)
- ☐ 1.5 cups milk
- ☐ 0.3 cup raspberry jam seedless
- ☐ 0.3 cup roasted salted plus more for garnish chopped
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 8 slices sandwich bread white

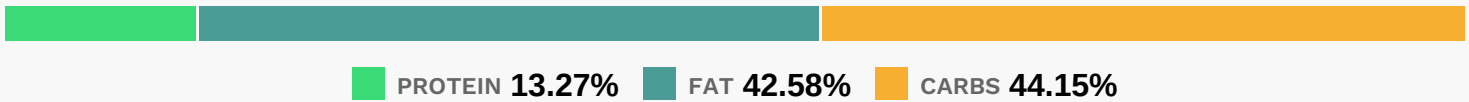
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ In a medium saucepan, combine the frozen berries with the sugar and 1/2 cup of water and bring to a boil. Simmer over moderately low heat, stirring and crushing occasionally, until the berries and sauce are slightly thickened, about 10 minutes.
- ☐ Meanwhile, in a large baking dish, beat the eggs with the milk. Arrange the bread slices on a work surface and spread 4 of the slices evenly with the almond butter.
- ☐ Sprinkle the 1/4 cup of chopped almonds on top.
- ☐ Spread the raspberry preserves evenly on the remaining slices of bread and close the sandwiches.
- ☐ Heat a large griddle and add 1 tablespoon of the butter. Dip the sandwiches in the egg mixture, pressing to soak. Cook on the griddle over moderate heat until browned, about 3 minutes.
- ☐ Add the remaining butter, flip the sandwiches and cook until golden, about 3 minutes longer.
- ☐ Transfer the French toast to plates and spoon the mixed-berry sauce on top.
- ☐ Garnish with chopped almonds and serve right away.

Nutrition Facts



Properties

Glycemic Index:7.93, Glycemic Load:4.77, Inflammation Score:-2, Nutrition Score:3.5247825954271%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Petunidin: 2.81mg, Petunidin: 2.81mg, Petunidin: 2.81mg, Petunidin: 2.81mg Delphinidin: 3.35mg, Delphinidin: 3.35mg, Delphinidin: 3.35mg, Delphinidin: 3.35mg Malvidin: 7.7mg, Malvidin: 7.7mg, Malvidin: 7.7mg, Malvidin: 7.7mg Peonidin: 0.07mg, Peonidin: 0.07mg,

Peonidin: 0.07mg, Peonidin: 0.07mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg
Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.27mg, Myricetin:
0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg,
Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 89.55kcal (4.48%), Fat: 4.36g (6.71%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 10.17g (3.39%), Net
Carbohydrates: 9.14g (3.32%), Sugar: 5.49g (6.1%), Cholesterol: 23.31mg (7.77%), Sodium: 45.97mg (2%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.11%), Vitamin E: 1.18mg (7.89%), Manganese: 0.15mg (7.72%),
Vitamin B2: 0.11mg (6.3%), Selenium: 4.05µg (5.79%), Phosphorus: 57.83mg (5.78%), Calcium: 48.48mg (4.85%),
Magnesium: 16.91mg (4.23%), Fiber: 1.03g (4.13%), Vitamin B1: 0.06mg (3.9%), Folate: 13.38µg (3.35%), Vitamin B3:
0.66mg (3.3%), Copper: 0.06mg (3.01%), Iron: 0.51mg (2.84%), Vitamin B6: 0.05mg (2.55%), Vitamin K: 2.67µg
(2.55%), Zinc: 0.36mg (2.4%), Potassium: 82.35mg (2.35%), Vitamin B5: 0.21mg (2.07%), Vitamin B12: 0.12µg
(2.03%), Vitamin D: 0.26µg (1.71%), Vitamin A: 77.33IU (1.55%)