



## Apricot-Stuffed French Toast

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



716 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup apricot halves dried chopped
- 8 ounce cream cheese softened
- 4 large eggs
- 1.5 cups half-and-half
- 16 ounce bread italian
- 2 tablespoons sugar
- 1 teaspoon vanilla extract

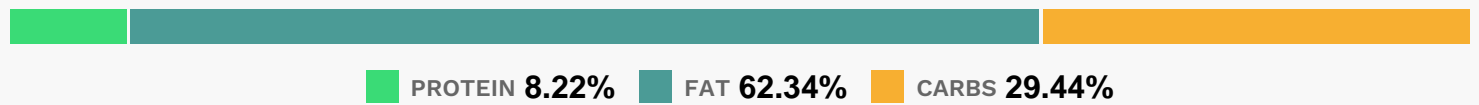
### Equipment

- frying pan
- whisk
- hand mixer

## Directions

- Beat first 3 ingredients at medium speed with an electric mixer until light and fluffy.
- Cut ends from bread.
- Cut bread into 6 slices; cut a pocket through top crust of each slice. Stuff each slice evenly with cream cheese mixture; place in a lightly greased 13- x 9-inch dish.
- Whisk together eggs, half-and-half, and vanilla; pour mixture over bread slices. Cover and chill 30 minutes, turning once.
- Cook bread slices on a lightly greased griddle over medium-high heat 3 minutes on all 4 sides or until golden.
- Serve with Apricot Syrup, if desired.

## Nutrition Facts



## Properties

Glycemic Index:21.75, Glycemic Load:4.69, Inflammation Score:-6, Nutrition Score:10.611739091251%

## Nutrients (% of daily need)

Calories: 715.79kcal (35.79%), Fat: 49.87g (76.72%), Saturated Fat: 27.45g (171.55%), Carbohydrates: 52.98g (17.66%), Net Carbohydrates: 49.81g (18.11%), Sugar: 35.34g (39.26%), Cholesterol: 183.35mg (61.12%), Sodium: 484.22mg (21.05%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 14.79g (29.57%), Vitamin B2: 0.43mg (25.38%), Vitamin A: 1162.1IU (23.24%), Selenium: 15.6µg (22.29%), Phosphorus: 197.06mg (19.71%), Vitamin B3: 3.72mg (18.59%), Folate: 69.23µg (17.31%), Iron: 2.44mg (13.54%), Fiber: 3.17g (12.69%), Calcium: 124.15mg (12.42%), Potassium: 424.65mg (12.13%), Vitamin B1: 0.15mg (9.81%), Vitamin B5: 0.94mg (9.39%), Vitamin B12: 0.49µg (8.25%), Vitamin E: 1.14mg (7.59%), Magnesium: 28.69mg (7.17%), Zinc: 1.04mg (6.9%), Vitamin B6: 0.12mg (5.93%), Vitamin D: 0.67µg (4.44%), Copper: 0.06mg (3.09%), Vitamin K: 1.9µg (1.81%), Manganese: 0.03mg (1.64%)