



## Apricot-Stuffed French Toast

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



265 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 8 oz bread french
- 3 oz cream cheese softened
- 3 tablespoons apricot preserves
- 0.3 teaspoon lemon zest grated
- 3 eggs
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla
- 0.1 teaspoon salt

- 0.1 teaspoon nutmeg
- 2 tablespoons butter melted
- 1 serving powdered sugar
- 0.8 cup frangelico

## Equipment

- bowl
- frying pan
- oven
- whisk
- hand mixer

## Directions

- Spray 13x9-inch pan with cooking spray.
- Cut bread crosswise into 12 1-inch slices.
- Cut a horizontal slit in the side of each bread slice, cutting to--but not through--the other edge.
- In medium bowl, beat cream cheese, preserves and lemon peel with electric mixer on medium speed about 1 minute or until well mixed.
- Spread about 2 teaspoons of the cream cheese mixture inside the slit in each bread slice.
- Place stuffed bread slices in pan.
- In medium bowl, beat eggs, half-and-half, granulated sugar, vanilla, salt and nutmeg with fork or wire whisk until well mixed.
- Pour egg mixture over bread slices in pan, and turn slices carefully to coat. Cover and refrigerate at least 30 minutes but no longer than 24 hours.
- Heat oven to 425°F. Uncover French toast and drizzle with melted butter.
- Bake 20 to 25 minutes or until golden brown.
- Sprinkle with powdered sugar if desired.

## Nutrition Facts



■ PROTEIN 11.69% ■ FAT 42.19% ■ CARBS 46.12%

## Properties

Glycemic Index:45.96, Glycemic Load:12.66, Inflammation Score:-4, Nutrition Score:8.0365217561307%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 265.07kcal (13.25%), Fat: 12.51g (19.25%), Saturated Fat: 6.23g (38.91%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 29.21g (10.62%), Sugar: 12.52g (13.91%), Cholesterol: 106.19mg (35.4%), Sodium: 337.13mg (14.66%), Alcohol: 0.23g (100%), Alcohol %: 0.31% (100%), Protein: 7.8g (15.6%), Selenium: 19.14µg (27.34%), Manganese: 0.47mg (23.27%), Vitamin B2: 0.23mg (13.76%), Vitamin B1: 0.17mg (11.19%), Folate: 44.03µg (11.01%), Phosphorus: 109.05mg (10.9%), Vitamin B3: 2.15mg (10.76%), Iron: 1.82mg (10.1%), Vitamin A: 447.13IU (8.94%), Calcium: 76.78mg (7.68%), Vitamin B5: 0.74mg (7.36%), Fiber: 1.56g (6.24%), Zinc: 0.76mg (5.07%), Magnesium: 20.08mg (5.02%), Vitamin B6: 0.09mg (4.49%), Copper: 0.09mg (4.29%), Vitamin B12: 0.23µg (3.92%), Vitamin E: 0.55mg (3.64%), Potassium: 112.57mg (3.22%), Vitamin D: 0.44µg (2.93%), Vitamin K: 2.54µg (2.42%), Vitamin C: 1.06mg (1.29%)