



Apricot-Stuffed French Toast

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



331 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons apricot preserves
- ☐ 8 oz bread french
- ☐ 2 tablespoons butter melted
- ☐ 3 oz cream cheese softened
- ☐ 3 eggs
- ☐ 2 tablespoons granulated sugar
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.8 cup half and half

- ☐ 0.3 teaspoon lemon zest grated
- ☐ 6 servings powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla

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 425F. 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 10.48%**  **FAT 43.12%**  **CARBS 46.4%**

Properties

Glycemic Index:45.96, Glycemic Load:12.66, Inflammation Score:-4, Nutrition Score:8.9495652084765%

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: 330.63kcal (16.53%), Fat: 15.99g (24.6%), Saturated Fat: 8.35g (52.2%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 37.17g (13.51%), Sugar: 20.29g (22.54%), Cholesterol: 116.78mg (38.93%), Sodium: 355.72mg (15.47%), Alcohol: 0.23g (100%), Alcohol %: 0.22% (100%), Protein: 8.75g (17.5%), Selenium: 20.15µg (28.78%), Manganese: 0.47mg (23.3%), Vitamin B2: 0.29mg (17.29%), Phosphorus: 137.78mg (13.78%), Vitamin B1: 0.18mg (11.8%), Folate: 44.94µg (11.23%), Vitamin A: 554.21IU (11.08%), Vitamin B3: 2.18mg (10.92%), Calcium: 109.22mg (10.92%), Iron: 1.84mg (10.2%), Vitamin B5: 0.82mg (8.23%), Fiber: 1.56g (6.24%), Zinc: 0.88mg (5.86%), Magnesium: 23.1mg (5.78%), Vitamin B6: 0.1mg (5.25%), Vitamin B12: 0.29µg (4.87%), Copper: 0.09mg (4.45%), Potassium: 152.63mg (4.36%), Vitamin E: 0.62mg (4.15%), Vitamin D: 0.44µg (2.93%), Vitamin K: 2.94µg (2.8%), Vitamin C: 1.34mg (1.62%)