



## Bacon & Cream Cheese-Stuffed French Toast

READY IN



25 min.

SERVINGS



8

CALORIES



514 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 8 slices oscar mayer bacon cooked halved
- 8 oz philadelphia chive & onion cream cheese spread
- 8 slices braided egg bread
- 4 eggs
- 1.5 cups milk
- 1 cup pancake syrup
- 0.5 cup parmesan cheese shredded kraft

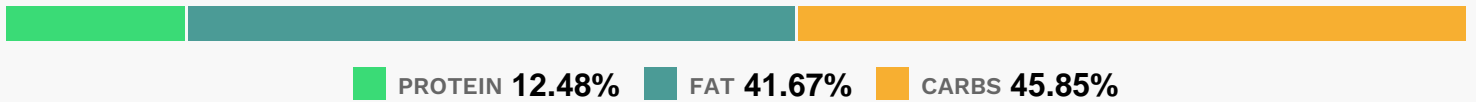
### Equipment

- frying pan
- knife
- whisk

## Directions

- Use sharp knife to make horizontal cut in the side of each bread slice to make pocket, being careful to not cut completely through.
- Fill pockets with cream cheese spread and bacon; press cut edges of pockets together to seal.
- Heat large heavy nonstick skillet sprayed with cooking spray on medium heat.
- Whisk eggs, milk and Parmesan in pie plate until blended. Dip stuffed bread slices, 1 at a time, in egg mixture, turning to evenly coat both sides.
- Add to skillet, in batches if necessary; cook 4 to 5 min. or until golden brown on both sides, turning after 3 min.
- Serve topped with syrup.

## Nutrition Facts



## Properties

Glycemic Index:8.13, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:12.462174083876%

## Nutrients (% of daily need)

Calories: 514.12kcal (25.71%), Fat: 23.86g (36.7%), Saturated Fat: 10.68g (66.75%), Carbohydrates: 59.05g (19.68%), Net Carbohydrates: 57.83g (21.03%), Sugar: 4.15g (4.62%), Cholesterol: 152.28mg (50.76%), Sodium: 665.92mg (28.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.15%), Selenium: 29.68µg (42.4%), Vitamin B2: 0.44mg (25.7%), Calcium: 227.79mg (22.78%), Phosphorus: 224.94mg (22.49%), Vitamin B1: 0.33mg (22.27%), Vitamin B3: 3.54mg (17.72%), Folate: 66.43µg (16.61%), Manganese: 0.31mg (15.53%), Vitamin A: 655.04IU (13.1%), Iron: 2.17mg (12.07%), Vitamin B12: 0.68µg (11.35%), Copper: 0.2mg (9.78%), Zinc: 1.34mg (8.92%), Vitamin D: 1.27µg (8.5%), Vitamin B5: 0.82mg (8.18%), Vitamin B6: 0.16mg (8.17%), Magnesium: 24.38mg (6.09%), Potassium: 210.43mg (6.01%), Fiber: 1.22g (4.88%), Vitamin E: 0.5mg (3.33%)