



Berry French Toast Stratas

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



563 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups strawberries fresh such as blueberries, raspberries or cut-up strawberries assorted
- 1 tablespoon granulated sugar
- 4 cups bread whole wheat () (5 slices)
- 1.5 cups eggs fat-free
- 0.5 cup skim milk fat-free (skim)
- 0.5 cup skim milk fat-free
- 2 tablespoons honey
- 1.5 teaspoons vanilla

- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.5 teaspoon powdered sugar

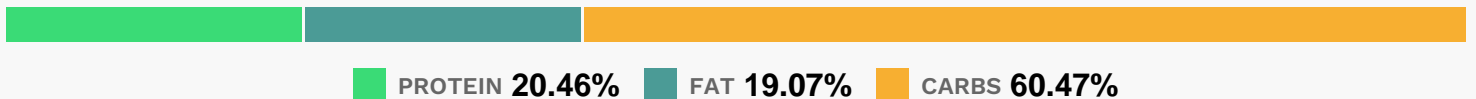
Equipment

- bowl
- oven
- whisk
- muffin liners

Directions

- In medium bowl, mix fruit and granulated sugar; set aside.
- Heat oven to 350°F. Spray 12 regular-size muffin cups generously with cooking spray. Divide bread cubes evenly among muffin cups.
- In large bowl, beat remaining ingredients, except powdered sugar, with fork or wire whisk until well mixed.
- Pour egg mixture over bread cubes, pushing down lightly with spoon to soak bread cubes. (If all egg mixture doesn't fit into cups, let cups stand up to 10 minutes, gradually adding remaining egg mixture as bread cubes soak it up.)
- Bake 20 to 25 minutes or until centers are set. Cool 5 minutes.
- Remove from muffin cups, placing 2 stratas on each of 6 plates. Divide fruit mixture evenly over stratas; sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:56.72, Glycemic Load:47.18, Inflammation Score:-7, Nutrition Score:32.838260712831%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 562.85kcal (28.14%), Fat: 11.93g (18.35%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 85.08g (28.36%), Net Carbohydrates: 73.97g (26.9%), Sugar: 20.78g (23.09%), Cholesterol: 227.59mg (75.86%), Sodium: 825.23mg (35.88%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 28.79g (57.58%), Manganese: 3.73mg (186.6%), Selenium: 60.69µg (86.7%), Phosphorus: 524.22mg (52.42%), Vitamin C: 42.52mg (51.54%), Vitamin B1: 0.68mg (45.41%), Fiber: 11.11g (44.45%), Vitamin B2: 0.63mg (37.23%), Vitamin B3: 7.38mg (36.89%), Magnesium: 144.31mg (36.08%), Calcium: 352.51mg (35.25%), Iron: 5.46mg (30.32%), Folate: 113.5µg (28.37%), Zinc: 3.94mg (26.24%), Vitamin B6: 0.5mg (25.22%), Vitamin B5: 2.27mg (22.73%), Copper: 0.44mg (22.18%), Potassium: 669.81mg (19.14%), Vitamin K: 14.21µg (13.54%), Vitamin B12: 0.76µg (12.69%), Vitamin E: 1.71mg (11.43%), Vitamin D: 1.44µg (9.6%), Vitamin A: 392.6IU (7.85%)