



## Challah French Toast with Berry Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



570 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 3 cups poached berries mixed
- ☐ 1 lb egg bread loaf – crusts () (not including end pieces)
- ☐ 3 large eggs
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup poached berries (depending on sweetness of berries)
- ☐ 3.5 tablespoons butter unsalted
- ☐ 1 cup milk whole

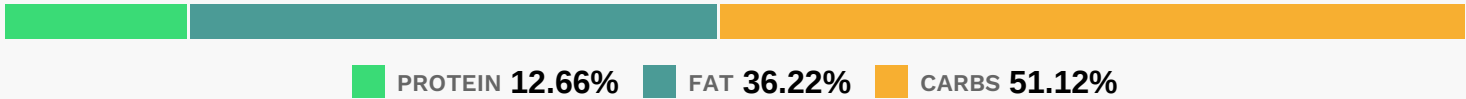
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ spatula

# Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk together eggs, milk, sugar, and salt until blended.
- ☐ Pour into a large baking pan and soak bread slices in 1 layer, turning once, 8 minutes.
- ☐ Purée 1 1/2 cups berries with sugar and lemon juice in a blender. If you want to eliminate seeds, force purée through a very fine sieve into a bowl.
- ☐ Transfer to a serving bowl and fold in remaining berries.
- ☐ Heat 1 1/2 tablespoons butter in a 12-inch heavy skillet or griddle over moderately high heat until foam subsides.
- ☐ Transfer 4 soaked bread slices to skillet with a slotted spatula and cook until golden brown, about 1 minute on each side. Cook remaining bread in 2 batches, adding more butter as needed.
- ☐ Transfer slices as cooked to a large shallow baking pan (using a clean spatula) and, when all are browned, bake in middle of oven until hot, about 5 minutes.
- ☐ Serve French toast with berry sauce.

# Nutrition Facts



# Properties

Glycemic Index:9.5, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:22.249130580736%

Flavonoids

Cyanidin: 5.63mg, Cyanidin: 5.63mg, Cyanidin: 5.63mg, Cyanidin: 5.63mg Petunidin: 23.46mg, Petunidin: 23.46mg, Petunidin: 23.46mg, Petunidin: 23.46mg Delphinidin: 27.89mg, Delphinidin: 27.89mg, Delphinidin: 27.89mg, Delphinidin: 27.89mg Malvidin: 64.13mg, Malvidin: 64.13mg, Malvidin: 64.13mg, Malvidin: 64.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.61mg, Peonidin: 0.61mg, Peonidin: 0.61mg, Peonidin: 0.61mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.33mg, Luteolin: 2.33mg, Luteolin: 2.33mg, Luteolin: 2.33mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 570.21kcal (28.51%), Fat: 23.09g (35.53%), Saturated Fat: 10.47g (65.46%), Carbohydrates: 73.35g (24.45%), Net Carbohydrates: 67.24g (24.45%), Sugar: 16.11g (17.9%), Cholesterol: 230.99mg (77%), Sodium: 655.36mg (28.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.16g (36.32%), Selenium: 47.06µg (67.23%), Vitamin B2: 0.8mg (47.21%), Vitamin B1: 0.59mg (39.25%), Manganese: 0.77mg (38.56%), Folate: 146.85µg (36.71%), Vitamin B3: 6.27mg (31.36%), Phosphorus: 273.51mg (27.35%), Fiber: 6.11g (24.43%), Iron: 4.34mg (24.13%), Vitamin K: 23.36µg (22.24%), Calcium: 215.08mg (21.51%), Vitamin A: 906.36IU (18.13%), Vitamin D: 2.06µg (13.72%), Vitamin B12: 0.8µg (13.29%), Vitamin B5: 1.3mg (13.02%), Copper: 0.26mg (12.83%), Vitamin B6: 0.25mg (12.59%), Zinc: 1.73mg (11.56%), Vitamin E: 1.63mg (10.86%), Magnesium: 40.3mg (10.07%), Potassium: 350.24mg (10.01%), Vitamin C: 4.68mg (5.67%)