



WHATSheATE



Cheese-Stuffed French Toast with Strawberry Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 ounce diagonally cut bread french
- ☐ 4 large egg whites
- ☐ 2 large eggs
- ☐ 6 servings candied lemon rind
- ☐ 8 ounce cream cheese reduced-fat
- ☐ 2.5 cups milk 1% low-fat
- ☐ 0.3 cup powdered sugar sifted
- ☐ 6 servings strawberry-vin santo sauce

- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract

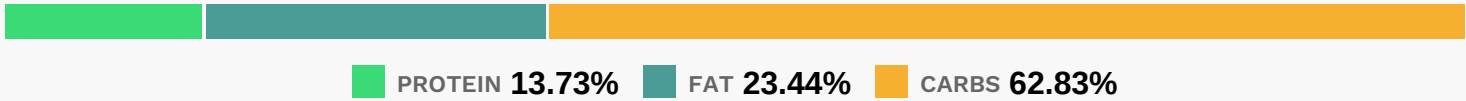
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cut a horizontal slit through bottom crust of each slice of bread to form a pocket.
- ☐ Combine powdered sugar and cream cheese; stir well.
- ☐ Spread mixture evenly into pockets of bread.
- ☐ Place 6 bread slices in each of two large, shallow baking dishes; set aside.
- ☐ Combine milk, sugar, vanilla extract, egg whites, and eggs in a bowl; beat well with a wire whisk.
- ☐ Pour milk mixture evenly over bread slices. Cover and chill 1 hour or until liquid is absorbed.
- ☐ Coat a large nonstick skillet with cooking spray, and place over medium heat until hot. Arrange half of bread slices in skillet, and cook 3 minutes. Turn bread over, and cook 3 minutes or until browned; remove from skillet. Repeat procedure with the remaining bread slices.
- ☐ Serve with Strawberry Sauce, and garnish with Candied Lemon Rind.

Nutrition Facts



Properties

Glycemic Index:21.46, Glycemic Load:8.96, Inflammation Score:-4, Nutrition Score:8.7795652047448%

Nutrients (% of daily need)

Calories: 326.28kcal (16.31%), Fat: 8.63g (13.27%), Saturated Fat: 4.55g (28.47%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 51.55g (18.75%), Sugar: 34.01g (37.79%), Cholesterol: 87.33mg (29.11%), Sodium: 264.82mg

(11.51%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 11.37g (22.75%), Vitamin B2: 0.4mg (23.82%), Selenium: 14.86µg (21.22%), Phosphorus: 203.08mg (20.31%), Calcium: 199.37mg (19.94%), Vitamin B12: 1.12µg (18.6%), Vitamin B5: 1.03mg (10.29%), Vitamin D: 1.53µg (10.19%), Vitamin A: 498.42IU (9.97%), Potassium: 335.75mg (9.59%), Vitamin B1: 0.1mg (6.83%), Manganese: 0.14mg (6.77%), Vitamin C: 5.47mg (6.63%), Zinc: 0.93mg (6.23%), Folate: 24.18µg (6.05%), Vitamin B6: 0.12mg (5.78%), Magnesium: 22.77mg (5.69%), Iron: 0.66mg (3.67%), Vitamin B3: 0.52mg (2.61%), Copper: 0.05mg (2.54%), Vitamin E: 0.34mg (2.29%), Fiber: 0.48g (1.9%), Vitamin K: 1.06µg (1.01%)