



## Chocolate and Strawberry Stuffed French Toast

READY IN



23 min.

SERVINGS



4

CALORIES



280 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 4 teaspoons bittersweet chocolate chips
- 2 teaspoons confectioners' sugar
- 3 eggs
- 1.3 cups nonfat milk
- 0.3 cup part-skim ricotta cheese
- 8 ounce strawberries hulled sliced
- 0.5 teaspoon vanilla extract
- 8 slices sandwich bread whole-wheat

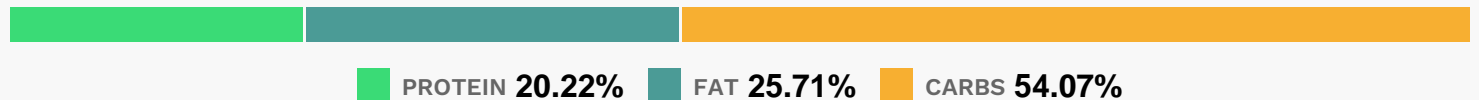
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Watch how to make this recipe.
- In a large bowl, whisk together the eggs, milk and vanilla. Set aside.
- Place 1 tablespoon of ricotta in the center of 4 of the pieces of bread and spread around slightly. Top with about 6 slices of strawberries and a teaspoon of chocolate chips. Cover each with another piece of bread to make a "sandwich".
- Spray a large nonstick skillet or griddle with cooking spray and preheat. Carefully dip each of the "sandwiches" into the egg mixture until completely moistened. Then place on the skillet and cook over a medium heat for 3 to 4 minutes per side, until the outside is golden brown and the center is warm and chocolate is melted.
- Transfer to serving places. Top with remaining strawberries and sprinkle with confectioners' sugar.

## Nutrition Facts



## Properties

Glycemic Index:37.01, Glycemic Load:20.07, Inflammation Score:-6, Nutrition Score:15.806521597116%

## Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg

0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 279.7kcal (13.99%), Fat: 7.94g (12.21%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 35.1g (12.76%), Sugar: 12.2g (13.56%), Cholesterol: 129.91mg (43.3%), Sodium: 342.03mg (14.87%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 14.05g (28.09%), Vitamin C: 33.36mg (40.44%), Selenium: 26.34µg (37.63%), Calcium: 291.27mg (29.13%), Manganese: 0.54mg (26.8%), Phosphorus: 251.98mg (25.2%), Vitamin B2: 0.42mg (24.81%), Folate: 89.2µg (22.3%), Vitamin B1: 0.33mg (22.09%), Iron: 2.62mg (14.57%), Vitamin B3: 2.78mg (13.9%), Vitamin B12: 0.8µg (13.28%), Vitamin B5: 1.19mg (11.93%), Zinc: 1.67mg (11.15%), Potassium: 369.98mg (10.57%), Vitamin D: 1.52µg (10.12%), Fiber: 2.47g (9.89%), Magnesium: 38.18mg (9.54%), Vitamin B6: 0.18mg (9.14%), Vitamin A: 401.7IU (8.03%), Copper: 0.13mg (6.46%), Vitamin E: 0.71mg (4.73%), Vitamin K: 1.93µg (1.84%)