



Chocolate Chip-Date French Toast

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



637 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon bourbon
- ☐ 1 small loaf challah bread sliced
- ☐ 4 dates pitted chopped
- ☐ 6 large egg yolks for your ultra-healthy breakfast tomorrow! save the whites
- ☐ 0.5 teaspoon garam masala
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons brown sugar light packed

- ☐ 0.5 cup maple syrup pure
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange zest grated
- ☐ 1 handful of semisweet chocolate chips
- ☐ 4 servings butter unsalted for frying
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups milk whole

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ spatula
- ☐ tongs
- ☐ glass baking pan

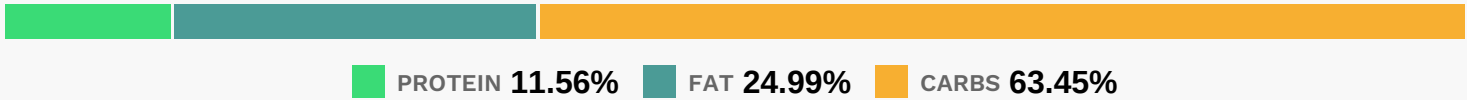
Directions

- ☐ Whisk the egg yolks, milk, vanilla, orange juice and zest, brown sugar, cinnamon, garam masala and a pinch of salt in a large glass baking dish.
- ☐ Preheat the oven to 200 degrees F. Put a wire rack on a baking sheet and place in the oven.
- ☐ Set a large skillet over medium heat and add 1 tablespoon butter. While the butter melts, prick a few holes on each side of a slice of bread with a fork.
- ☐ Lay it in the egg mixture and, using either a fork or your hands, push the bread into the egg mixture so the bread loosens up a little and soaks up the liquid. Flip and repeat.
- ☐ Using a slotted spatula or tongs, pick up the bread, allowing the excess egg mixture to drip off, and lay it in the hot pan. As the first side is cooking, 2 to 3 minutes, push chocolate chips and chopped dates into the soft, uncooked side of the bread. Be assertive! Then flip and cook

2 to 3 more minutes.

- ☐
- Remove and set on the rack in the oven to stay warm. Repeat with the remaining slices of bread, adding more butter to the pan if needed.
- ☐
- Combine the maple syrup and bourbon. Warm it in the microwave, if you want. (You can make the syrup the night before; store in a jar in the fridge, then warm before serving.)
- ☐
- Photograph by Kat Deutsch

Nutrition Facts



Properties

Glycemic Index:49.63, Glycemic Load:14.79, Inflammation Score:-7, Nutrition Score:25.698260825613%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 636.72kcal (31.84%), Fat: 17.48g (26.89%), Saturated Fat: 6.51g (40.71%), Carbohydrates: 99.88g (33.29%), Net Carbohydrates: 96.44g (35.07%), Sugar: 42.46g (47.18%), Cholesterol: 346.3mg (115.43%), Sodium: 677.2mg (29.44%), Alcohol: 0.76g (100%), Alcohol %: 0.31% (100%), Protein: 18.19g (36.38%), Manganese: 1.58mg (79.2%), Vitamin B2: 1.28mg (75.13%), Selenium: 50.45µg (72.07%), Vitamin B1: 0.64mg (42.49%), Folate: 162.38µg (40.59%), Phosphorus: 320.39mg (32.04%), Calcium: 307.98mg (30.8%), Vitamin B3: 5.8mg (29%), Iron: 4.37mg (24.29%), Vitamin D: 2.85µg (19.01%), Vitamin B12: 1.11µg (18.45%), Vitamin A: 814.55IU (16.29%), Vitamin B5: 1.51mg (15.07%), Zinc: 2.18mg (14.56%), Fiber: 3.45g (13.79%), Potassium: 476.08mg (13.6%), Magnesium: 48.33mg (12.08%), Vitamin B6: 0.24mg (11.97%), Copper: 0.23mg (11.69%), Vitamin C: 8.47mg (10.26%), Vitamin E: 1.04mg (6.93%), Vitamin K: 1.84µg (1.75%)