



## Chocolate French Toast with Strawberry Syrup

READY IN



200 min.

SERVINGS



6

CALORIES



800 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 12 slices bread french ()
- 1 cup milk
- 0.5 cup whipping cream
- 0.3 cup butter
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla
- 0.1 teaspoon salt
- 0.8 cup semi chocolate chips
- 4 eggs slightly beaten

- 1 tablespoon powdered sugar
- 1 serving semi chocolate chips
- 1 lb strawberries halved
- 0.5 cup maple syrup

## Equipment

- frying pan
- sauce pan
- oven
- whisk
- potato masher

## Directions

- To make French Toast: Grease bottom and sides of 13x9-inch pan; line with bread slices.
- In 2-quart saucepan, heat milk, cream, butter, granulated sugar, vanilla and salt to simmering over medium-low heat, stirring occasionally.
- Remove from heat; stir in 3/4 cup chocolate chips until melted and smooth. Gradually beat in eggs with whisk until well combined and mixture thickens.
- Pour chocolate mixture evenly over bread. Make sure to coat bread completely, turning slices over if necessary. Cover and refrigerate at least 2 hours but no longer than 8 hours.
- Remove from refrigerator 30 minutes before baking.
- Heat oven to 375°F.
- Bake 25 to 30 minutes or until chocolate mixture sets. Meanwhile, make Strawberry Syrup.
- Heat strawberries and maple syrup in 1-quart saucepan to simmering over medium-high heat. Reduce heat to medium-low; cook, stirring occasionally, until strawberries have softened. Slightly mash strawberries with fork or potato masher. Keep syrup warm until ready to serve.
- Serve with warm French toast sprinkled with powdered sugar and additional chocolate chips.

## Nutrition Facts



■ PROTEIN 10.63% ■ FAT 34.59% ■ CARBS 54.78%

## Properties

Glycemic Index:52.52, Glycemic Load:63.04, Inflammation Score:-8, Nutrition Score:31.085651667222%

## Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg 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: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 800.14kcal (40.01%), Fat: 30.94g (47.6%), Saturated Fat: 16.78g (104.88%), Carbohydrates: 110.28g (36.76%), Net Carbohydrates: 104.14g (37.87%), Sugar: 42.04g (46.71%), Cholesterol: 158.11mg (52.7%), Sodium: 947.85mg (41.21%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Caffeine: 19.49mg (6.5%), Protein: 21.39g (42.78%), Manganese: 1.89mg (94.6%), Selenium: 49.31µg (70.45%), Vitamin B2: 1.15mg (67.49%), Vitamin B1: 0.99mg (66.06%), Vitamin C: 44.57mg (54.03%), Folate: 190.45µg (47.61%), Iron: 7.32mg (40.64%), Vitamin B3: 6.76mg (33.79%), Phosphorus: 324.44mg (32.44%), Copper: 0.54mg (26.92%), Magnesium: 106.37mg (26.59%), Fiber: 6.14g (24.57%), Calcium: 203.92mg (20.39%), Zinc: 2.83mg (18.85%), Potassium: 578.02mg (16.51%), Vitamin A: 772.6IU (15.45%), Vitamin B6: 0.26mg (13.11%), Vitamin B5: 1.25mg (12.53%), Vitamin B12: 0.57µg (9.49%), Vitamin E: 1.35mg (9.01%), Vitamin D: 1.35µg (9.01%), Vitamin K: 5.7µg (5.43%)