



Chocolate French Toast with Strawberry Syrup

READY IN



200 min.

SERVINGS



6

CALORIES



805 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 eggs slightly beaten
- ☐ 12 slices bread french ()
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 cup maple syrup
- ☐ 1 cup milk
- ☐ 1 tablespoon powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup semi chocolate chips

- ☐ 6 servings semi chocolate chips
- ☐ 1 lb strawberries halved
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup whipping cream

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 375F.
- ☐ 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



Properties

Glycemic Index:52.52, Glycemic Load:63.04, Inflammation Score:-8, Nutrition Score:31.211739187655%

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: 804.97kcal (40.25%), Fat: 31.26g (48.1%), Saturated Fat: 16.96g (106.02%), Carbohydrates: 110.72g (36.91%), Net Carbohydrates: 104.51g (38%), Sugar: 42.35g (47.05%), Cholesterol: 158.16mg (52.72%), Sodium: 947.93mg (41.21%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Caffeine: 20.21mg (6.74%), Protein: 21.44g (42.89%), Manganese: 1.9mg (95.15%), Selenium: 49.38µg (70.55%), Vitamin B2: 1.15mg (67.52%), Vitamin B1: 0.99mg (66.08%), Vitamin C: 44.57mg (54.03%), Folate: 190.45µg (47.61%), Iron: 7.37mg (40.94%), Vitamin B3: 6.76mg (33.82%), Phosphorus: 326.61mg (32.66%), Copper: 0.55mg (27.44%), Magnesium: 107.84mg (26.96%), Fiber: 6.21g (24.83%), Calcium: 204.44mg (20.44%), Zinc: 2.85mg (19%), Potassium: 582.74mg (16.65%), Vitamin A: 773.02IU (15.46%), Vitamin B6: 0.26mg (13.13%), Vitamin B5: 1.26mg (12.55%), Vitamin B12: 0.57µg (9.51%), Vitamin E: 1.36mg (9.05%), Vitamin D: 1.35µg (9.01%), Vitamin K: 5.76µg (5.48%)