



Chocolate-Stuffed French Toast Brunch Bake

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



539 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.5 tsp almond extract
- 0.3 cup planters almonds toasted sliced
- 12 slices challah bread (egg bread)
- 0.5 cup tub philadelphia chocolate cream cheese spread dark ()
- 6 eggs
- 1 cup milk
- 0.5 cup pancake syrup

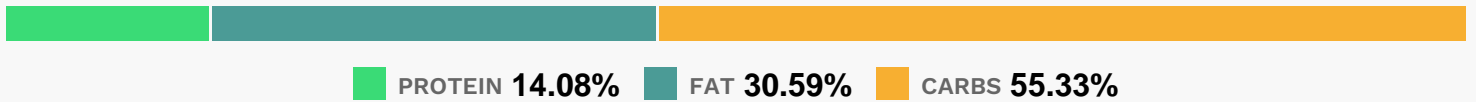
Equipment

- baking sheet
- oven
- whisk

Directions

- Heat oven to 400F.
- Spread 6 bread slices with cream cheese spread; cover with remaining bread slices. Lightly press edges together to seal.
- Whisk eggs, milk and extract in 13x9-inch dish until blended. Dip both sides of sandwiches in egg mixture, then arrange in same dish, stacking as necessary to fit. Refrigerate 30 min.
- Place sandwiches in single layer on baking sheet sprayed with cooking spray, letting excess egg mixture drip back into dish before placing sandwiches on baking sheet. Discard leftover egg mixture.
- Bake 18 to 20 min. or until sandwiches are puffed and golden brown, turning after 10 min.
- Serve topped with syrup and nuts.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:18.948260986287%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 539.36kcal (26.97%), Fat: 18.28g (28.12%), Saturated Fat: 6.86g (42.91%), Carbohydrates: 74.38g (24.79%), Net Carbohydrates: 71.46g (25.99%), Sugar: 4.8g (5.34%), Cholesterol: 235.4mg (78.47%), Sodium:

594.3mg (25.84%), Alcohol: 0.12g (100%), Alcohol %: 0.06% (100%), Protein: 18.93g (37.87%), Selenium: 46.53µg (66.47%), Vitamin B2: 0.77mg (45.04%), Vitamin B1: 0.52mg (34.36%), Folate: 133.67µg (33.42%), Manganese: 0.65mg (32.75%), Vitamin B3: 5.36mg (26.81%), Phosphorus: 261.64mg (26.16%), Iron: 4.16mg (23.1%), Calcium: 206.82mg (20.68%), Copper: 0.3mg (14.92%), Vitamin A: 722.9IU (14.46%), Vitamin B12: 0.72µg (11.95%), Vitamin D: 1.75µg (11.68%), Fiber: 2.92g (11.67%), Vitamin E: 1.74mg (11.6%), Vitamin B5: 1.15mg (11.5%), Zinc: 1.7mg (11.35%), Magnesium: 41.22mg (10.3%), Vitamin B6: 0.17mg (8.64%), Potassium: 273.02mg (7.8%), Vitamin K: 1.21µg (1.15%)