



Classic French Toast with Strawberry Syrup

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



421 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 slices basic bread white
- 3 large eggs
- 1 tablespoon ground cinnamon
- 4 tablespoons butter salted
- 1 cup strawberries whole sliced (6 large)
- 0.5 cup sugar
- 0.5 teaspoon vanilla extract
- 0.5 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender

Directions

- Watch how to make this recipe.
- Crack the eggs into a blender and add the milk and cinnamon. Blend until the yolks and whites are incorporated. (This step can be accomplished in a shallow dish with a whisk or fork as well.)
- Pour the mixture into a shallow dish or wide-bottom bowl.
- Heat a large nonstick skillet or griddle over medium heat.
- Add 2 tablespoons of the butter and swirl it around the pan; when melted, place 1 piece of bread in the egg mixture to soak in for about 10 seconds. Turn over and let soak on other side. This is a quick process don't let bread soak too long as it will get too soggy.
- Drain off excess egg and place the bread in the hot pan. Immediately soak 3 more bread slices, taking care not to over-crowd the pan.
- Cook until golden brown, turning once, about 2 minutes per side.
- Repeat with remaining butter and bread slices.
- Serve with Strawberry Syrup spooned over or on the side at the table.
- Place the strawberries, sugar, vanilla and 2 tablespoons water into a wide saucepan or skillet large enough to hold the strawberries in a single layer. Bring the mixture to a simmer over medium-low heat and cook gently until the strawberries are very soft and ruby red in color throughout, but still hold their shape, about 5 minutes .
- Serve warm over French toast or on the side at the table.

Nutrition Facts



■ PROTEIN 10.19% ■ FAT 37.72% ■ CARBS 52.09%

Properties

Glycemic Index:69.47, Glycemic Load:36.38, Inflammation Score:-6, Nutrition Score:13.893912926964%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 421.45kcal (21.07%), Fat: 17.9g (27.55%), Saturated Fat: 9.36g (58.5%), Carbohydrates: 55.64g (18.55%), Net Carbohydrates: 52.71g (19.17%), Sugar: 31.1g (34.56%), Cholesterol: 173.26mg (57.75%), Sodium: 394.21mg (17.14%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 10.88g (21.76%), Manganese: 0.8mg (39.91%), Selenium: 24.19µg (34.55%), Vitamin C: 21.24mg (25.75%), Vitamin B2: 0.35mg (20.72%), Folate: 82.31µg (20.58%), Vitamin B1: 0.3mg (19.69%), Calcium: 193.48mg (19.35%), Phosphorus: 174.87mg (17.49%), Iron: 2.67mg (14.81%), Vitamin B3: 2.61mg (13.07%), Vitamin A: 612.49IU (12.25%), Fiber: 2.93g (11.73%), Vitamin B5: 1.02mg (10.24%), Vitamin B12: 0.52µg (8.7%), Zinc: 1.15mg (7.68%), Vitamin B6: 0.15mg (7.45%), Vitamin D: 1.09µg (7.24%), Magnesium: 27.88mg (6.97%), Vitamin E: 0.99mg (6.63%), Potassium: 224.3mg (6.41%), Copper: 0.12mg (5.77%), Vitamin K: 2.7µg (2.57%)