



Cook the Book: Mascarpone-Stuffed French Toast

READY IN



45 min.

SERVINGS



4

CALORIES



2949 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12.3 inch day-old brioche
- ☐ 3 large eggs
- ☐ 1 tablespoon granulated sugar
- ☐ 1.5 cups half and half
- ☐ 1 tablespoon cup heavy whipping cream
- ☐ 4 servings maple syrup warmed
- ☐ 0.5 cup mascarpone cheese at room temperature
- ☐ 62 bittersweet chocolate for grating

☐ 0.5 ounce butter unsalted

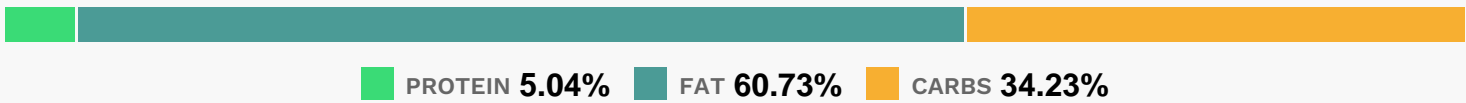
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ microplane

Directions

- ☐ Combine the mascarpone, cream, and sugar in a small bowl.
- ☐ Add the melted chocolate, and mix until incorporated.
- ☐ Spread about 2 tablespoons of the mixture on one slice of brioche, and top with another slice. Repeat with the remaining slices, making 6 sandwiches.
- ☐ In a shallow bowl, whisk together the eggs and half-and-half.
- ☐ Preheat a nonstick griddle or large skillet over medium heat.
- ☐ Add 1 tablespoon butter. Dip each sandwich in the egg and half-and-half, turning to soak both sides.
- ☐ Let any excess drip back in the bowl.
- ☐ Place the sandwich on the griddle. Repeat with only as many sandwiches as fit comfortably in the griddle, and cook for about 2 to 3 minutes per side, or until golden.
- ☐ Transfer to a platter and cover to keep warm.
- ☐ Add more butter to the pan as necessary and cook the remaining sandwiches.
- ☐ Slice each sandwich in half on the diagonal, and serve 3 halves per person. Using a microplane, grate chocolate over the top.
- ☐ Serve with maple syrup.

Nutrition Facts



Properties

Glycemic Index:26.65, Glycemic Load:7.01, Inflammation Score:-10, Nutrition Score:48.131304450657%

Nutrients (% of daily need)

Calories: 2949.01kcal (147.45%), Fat: 198.94g (306.07%), Saturated Fat: 114.73g (717.06%), Carbohydrates: 252.37g (84.12%), Net Carbohydrates: 217.65g (79.14%), Sugar: 178.3g (198.11%), Cholesterol: 250.59mg (83.53%), Sodium: 206.26mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 373.24mg (124.41%), Protein: 37.12g (74.24%), Manganese: 6.22mg (311.11%), Copper: 5.45mg (272.63%), Magnesium: 781.95mg (195.49%), Iron: 28.24mg (156.87%), Fiber: 34.72g (138.88%), Phosphorus: 1291.89mg (129.19%), Zinc: 12.49mg (83.27%), Potassium: 2681.79mg (76.62%), Selenium: 51.04µg (72.91%), Vitamin B2: 0.82mg (48.41%), Calcium: 456.15mg (45.62%), Vitamin K: 32.91µg (31.34%), Vitamin A: 1344.85IU (26.9%), Vitamin E: 3.3mg (21.99%), Vitamin B12: 1.3µg (21.66%), Vitamin B5: 2.15mg (21.53%), Vitamin B3: 3.78mg (18.92%), Vitamin B1: 0.2mg (13.02%), Vitamin B6: 0.26mg (12.91%), Vitamin D: 0.86µg (5.75%), Folate: 20.6µg (5.15%), Vitamin C: 0.84mg (1.02%)