



## Cranberry French Toast

 Vegetarian

READY IN



23 min.

SERVINGS



4

CALORIES



916 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.5 stick butter
- ☐ 1 loaf challah bread
- ☐ 1.5 cups cranberries fresh
- ☐ 8 ounce cream cheese
- ☐ 4 eggs
- ☐ 1 cup sugar
- ☐ 0.5 cup milk whole

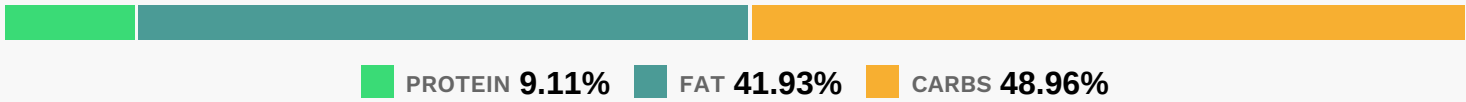
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Watch how to make this recipe.
- ☐ Slice challah bread into thick pieces.
- ☐ Combine cream cheese, sugar, fresh cranberries together.
- ☐ Cut a pocket into the bread and stuff cream cheese mixture inside. Melt butter over medium heat in a saucepan. Beat eggs and milk together in a large bowl. Dip stuffed bread into egg mixture, coating both sides.
- ☐ Place bread in pan, heat 1 to 2 minutes on each side.

## Nutrition Facts



## Properties

Glycemic Index:57.52, Glycemic Load:37.71, Inflammation Score:-8, Nutrition Score:22.369130404099%

## Flavonoids

Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

## Nutrients (% of daily need)

Calories: 915.72kcal (45.79%), Fat: 43.12g (66.34%), Saturated Fat: 22.46g (140.39%), Carbohydrates: 113.31g (37.77%), Net Carbohydrates: 109.36g (39.77%), Sugar: 57.29g (63.65%), Cholesterol: 312.73mg (104.24%), Sodium: 774.53mg (33.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.17%), Selenium: 53.53µg

(76.47%), Vitamin B2: 0.89mg (52.3%), Vitamin B1: 0.55mg (36.6%), Folate: 145.49µg (36.37%), Manganese: 0.72mg (36.15%), Vitamin A: 1662.92IU (33.26%), Phosphorus: 306.15mg (30.62%), Vitamin B3: 5.65mg (28.27%), Iron: 4.39mg (24.38%), Calcium: 229.37mg (22.94%), Fiber: 3.95g (15.82%), Vitamin B5: 1.56mg (15.57%), Vitamin E: 2.08mg (13.88%), Vitamin B12: 0.82µg (13.64%), Zinc: 1.92mg (12.82%), Copper: 0.25mg (12.51%), Vitamin D: 1.67µg (11.12%), Vitamin B6: 0.22mg (10.97%), Potassium: 345.94mg (9.88%), Magnesium: 38.09mg (9.52%), Vitamin C: 5.25mg (6.36%), Vitamin K: 5.3µg (5.04%)