



Cream Cheese French Toast Bake with Strawberry Topping

READY IN



540 min.

SERVINGS



6

CALORIES



516 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 8 oz approx cream cheese spread
- 1 lb bread french cut into 24 (3/4-inch-thick) slices (18 inches long)
- 4 eggs
- 1 cup milk
- 0.3 cup sugar
- 0.3 teaspoon salt
- 0.3 teaspoon ground cinnamon
- 2 tablespoons butter melted

- 3 cups strawberries fresh
- 0.3 cup sugar
- 2 tablespoons amaretto
- 1 cup blueberries fresh

Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- Spread about 1 tablespoon cream cheese on each of 12 bread slices. Top with remaining bread slices to make 12 sandwiches.
- Place sandwiches in baking dish to cover bottom of pan.
- In medium bowl, beat eggs.
- Add milk, 1/4 cup sugar, the salt and cinnamon; beat well.
- Pour over sandwiches in baking dish.
- Let stand at room temperature 5 minutes. Turn sandwiches over. Cover; refrigerate about 8 hours or overnight.
- Chop 1 cup of the strawberries. (Refrigerate remaining berries.) In nonmetal bowl, gently stir together chopped strawberries, 1/4 cup sugar and the amaretto. Cover; refrigerate about 8 hours or overnight.
- Heat oven to 400°F. Uncover baking dish; drizzle sandwiches with melted butter.
- Bake 25 to 30 minutes or until golden brown.
- Meanwhile, slice remaining strawberries and add with blueberries to chilled strawberry mixture; mix lightly.
- Serve French toast with berry topping.

Nutrition Facts

PROTEIN 12.66% FAT 31.95% CARBS 55.39%

Properties

Glycemic Index:57.28, Glycemic Load:45.43, Inflammation Score:-8, Nutrition Score:19.079565214074%

Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Petunidin: 7.86mg, Petunidin: 7.86mg, Petunidin: 7.86mg, Petunidin: 7.86mg Delphinidin: 8.96mg, Delphinidin: 8.96mg, Delphinidin: 8.96mg, Delphinidin: 8.96mg Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg 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: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 516.14kcal (25.81%), Fat: 18.24g (28.05%), Saturated Fat: 8.14g (50.89%), Carbohydrates: 71.12g (23.71%), Net Carbohydrates: 67.38g (24.5%), Sugar: 30.95g (34.39%), Cholesterol: 137.44mg (45.81%), Sodium: 830.04mg (36.09%), Alcohol: 1.3g (100%), Alcohol %: 0.54% (100%), Protein: 16.25g (32.51%), Vitamin C: 44.74mg (54.23%), Selenium: 31.83µg (45.47%), Vitamin B1: 0.6mg (39.89%), Manganese: 0.78mg (39.15%), Vitamin B2: 0.54mg (32.03%), Folate: 125.58µg (31.4%), Iron: 3.85mg (21.4%), Vitamin B3: 4.1mg (20.49%), Phosphorus: 200.2mg (20.02%), Calcium: 166.63mg (16.66%), Vitamin A: 772.51IU (15.45%), Fiber: 3.74g (14.96%), Magnesium: 43.77mg (10.94%), Vitamin B6: 0.2mg (10.14%), Zinc: 1.48mg (9.84%), Vitamin B5: 0.98mg (9.79%), Copper: 0.19mg (9.43%), Potassium: 323.26mg (9.24%), Vitamin B12: 0.49µg (8.09%), Vitamin D: 1.03µg (6.89%), Vitamin K: 7.11µg (6.77%), Vitamin E: 0.98mg (6.55%)