



Croissant French Toast With Fresh Strawberry Syrup

READY IN



19 min.

SERVINGS



4

CALORIES



467 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 large croissants
- ☐ 2 large eggs
- ☐ 0.8 cup milk
- ☐ 3 tablespoons powdered sugar
- ☐ 4 servings karo syrup fresh
- ☐ 1 teaspoon vanilla extract

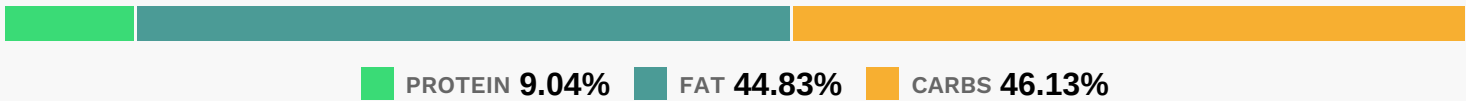
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Slice croissants in half lengthwise.
- ☐ Whisk together milk, eggs, and vanilla.
- ☐ Pour into a shallow dish. Dip croissant halves into egg mixture, coating well.
- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium heat.
- ☐ Add four croissant halves, and cook about 2 minutes on each side or until golden brown. Repeat procedure with remaining butter and croissant halves.
- ☐ Sprinkle with powdered sugar; top with Sweetened Whipped Cream, if desired, and Fresh Strawberry Syrup.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:20.21, Inflammation Score:-6, Nutrition Score:10.274782752213%

Nutrients (% of daily need)

Calories: 466.65kcal (23.33%), Fat: 23.59g (36.29%), Saturated Fat: 13.07g (81.69%), Carbohydrates: 54.62g (18.21%), Net Carbohydrates: 52.88g (19.23%), Sugar: 28.36g (31.51%), Cholesterol: 158.43mg (52.81%), Sodium: 370.3mg (16.1%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 10.7g (21.41%), Selenium: 23.86µg (34.08%), Vitamin B2: 0.34mg (20.2%), Vitamin B1: 0.3mg (19.74%), Folate: 70.92µg (17.73%), Vitamin A: 882.53IU (17.65%), Phosphorus: 167.8mg (16.78%), Manganese: 0.23mg (11.62%), Vitamin B5: 1.14mg (11.39%), Calcium: 110.91mg (11.09%), Iron: 1.8mg (10.02%), Vitamin B12: 0.59µg (9.81%), Vitamin B3: 1.54mg (7.71%), Fiber: 1.74g (6.97%), Zinc: 1.02mg (6.8%), Vitamin E: 1.01mg (6.74%), Vitamin D: 1µg (6.69%), Vitamin B6: 0.11mg (5.49%), Potassium: 185.46mg (5.3%), Magnesium: 19.47mg (4.87%), Copper: 0.07mg (3.66%), Vitamin K: 1.91µg (1.82%)