



## Decadent French Toast Soufflé

READY IN



45 min.

SERVINGS



8

CALORIES



828 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 lb butter at room temperature
- 6 oz cream cheese at room temperature
- 0.5 pound croissants (2 or 3)
- 8 servings ice such as rose petals or nasturtiums, rinsed and drained
- 10 large eggs
- 1 teaspoon ground cinnamon
- 3 cups half-and-half light (cream)
- 1.3 cups maple syrup
- 2 tablespoons pecans chopped

8 servings powdered sugar

## Equipment

food processor

bowl

frying pan

oven

knife

blender

## Directions

Tear croissants into 1/2-inch chunks. Whirl in a food processor until coarsely chopped, or chop with a knife. Butter 8 souffl dishes (1- to 1 1/4-cup size) and fill equally with croissant pieces.

In a food processor, combine cream cheese, 1/2 cup butter, and 1/4 cup maple syrup; whirl until blended. (Or, in a bowl, beat with a mixer until smoothly blended.) Drop equal portions into each souffl dish.

In a bowl, beat eggs to blend with 1/2 cup maple syrup and the half-and-half.

Pour equally into each souffl dish.

Sprinkle with cinnamon. Cover and chill at least 8 hours or up to 1 day. Set dishes slightly apart in a 10- by 15-inch pan.

Bake, uncovered, in a 350 oven until pudding-souffls are richly browned and centers barely jiggle when gently shaken, 45 to 50 minutes.

About 5 minutes before pudding-souffls finish baking, in a 1- to 1 1/2-quart pan over medium-high heat, frequently stir remaining 1/2 cup maple syrup until hot.

Sprinkle pudding-souffls with pecans, dust with powdered sugar, garnish with berries or flowers, and add hot syrup to taste.

## Nutrition Facts



## Properties

Glycemic Index:18.19, Glycemic Load:20.91, Inflammation Score:-8, Nutrition Score:18.450435011283%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

## Nutrients (% of daily need)

Calories: 827.52kcal (41.38%), Fat: 60.13g (92.51%), Saturated Fat: 29.42g (183.89%), Carbohydrates: 59.85g (19.95%), Net Carbohydrates: 58.74g (21.36%), Sugar: 42.41g (47.12%), Cholesterol: 372.45mg (124.15%), Sodium: 433.28mg (18.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.83g (27.66%), Manganese: 1.43mg (71.4%), Vitamin B2: 1.16mg (68.51%), Vitamin A: 2270.51IU (45.41%), Selenium: 28.06µg (40.08%), Phosphorus: 241.77mg (24.18%), Calcium: 191.77mg (19.18%), Vitamin B5: 1.59mg (15.9%), Vitamin E: 2.35mg (15.64%), Folate: 61.12µg (15.28%), Vitamin B1: 0.21mg (14.2%), Vitamin B12: 0.84µg (14.03%), Zinc: 1.82mg (12.13%), Vitamin D: 1.79µg (11.92%), Potassium: 367.08mg (10.49%), Iron: 1.87mg (10.39%), Magnesium: 34.63mg (8.66%), Vitamin B6: 0.17mg (8.33%), Copper: 0.11mg (5.46%), Fiber: 1.11g (4.44%), Vitamin B3: 0.81mg (4.04%), Vitamin K: 3.73µg (3.55%), Vitamin C: 0.94mg (1.14%)