



Drunken Eggs Toast

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



869 kcal

Ingredients

- ☐ 0.3 cup ghee
- ☐ 1 tablespoon confectioners' sugar
- ☐ 2 slices egg bread thick
- ☐ 4 eggs
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup real maple syrup
- ☐ 3 tablespoons mascarpone cheese
- ☐ 2 tablespoons brandy-based orange liqueur grand marnier® (such as)
- ☐ 3 tablespoons blueberry preserves

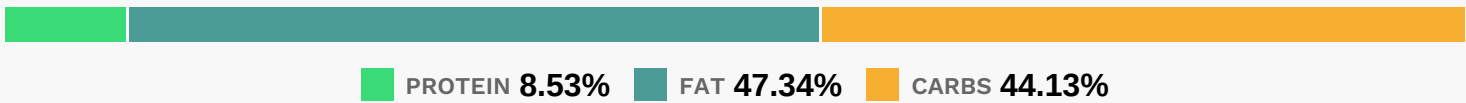
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Preheat oven to 500 degrees F (260 degrees C).
- ☐ In a mixing bowl, beat eggs well. Stir in Grand Marnier and nutmeg. Soak bread in eggs for 30 seconds on each side.
- ☐ Heat a lightly oiled griddle or frying pan over medium high heat. Grill bread until golden brown on both sides, about 2 to 3 minutes.
- ☐ Transfer to baking sheet and bake until thoroughly cooked, about 2 to 3 minutes.
- ☐ Using a paring knife, cut a 2 to 3 inch pocket in one side of each slice of bread. Spoon cheese and preserves into the pockets. Arrange on plate and dust with powdered sugar.
- ☐ Serve with clarified butter and maple syrup.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:20.92, Inflammation Score:-5, Nutrition Score:22.65608710828%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg Delphinidin: 7.86mg, Delphinidin: 7.86mg, Delphinidin: 7.86mg, Delphinidin: 7.86mg Malvidin: 14.99mg, Malvidin: 14.99mg, Malvidin: 14.99mg, Malvidin: 14.99mg Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg

Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 869.37kcal (43.47%), Fat: 44.27g (68.1%), Saturated Fat: 23.91g (149.45%), Carbohydrates: 92.82g (30.94%), Net Carbohydrates: 91.02g (33.1%), Sugar: 60.53g (67.25%), Cholesterol: 434.49mg (144.83%), Sodium: 347.97mg (15.13%), Alcohol: 3.9g (100%), Alcohol %: 1.61% (100%), Caffeine: 3.9mg (1.3%), Protein: 17.95g (35.91%), Manganese: 2.23mg (111.28%), Vitamin B2: 1.67mg (98.08%), Selenium: 43.06µg (61.52%), Folate: 98.53µg (24.63%), Phosphorus: 234.51mg (23.45%), Vitamin B1: 0.33mg (22.01%), Calcium: 219.8mg (21.98%), Iron: 3.32mg (18.45%), Vitamin A: 914.26IU (18.29%), Vitamin B5: 1.53mg (15.26%), Zinc: 2.16mg (14.42%), Vitamin B3: 2.82mg (14.1%), Vitamin B12: 0.84µg (13.94%), Vitamin D: 1.97µg (13.15%), Potassium: 386.05mg (11.03%), Magnesium: 39.77mg (9.94%), Vitamin B6: 0.2mg (9.77%), Copper: 0.17mg (8.54%), Vitamin E: 1.19mg (7.92%), Fiber: 1.8g (7.21%), Vitamin K: 5.02µg (4.78%), Vitamin C: 2.16mg (2.62%)