



Easy Blueberries And Cream French Toast Sandwich with Orange Maple Syrup

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup blueberries fresh
- 0.3 cup butter
- 0.5 cup cream cheese softened
- 4 eggs
- 0.5 cup maple syrup
- 0.3 cup milk
- 0.5 cup orange juice

- 0.5 teaspoon orange zest grated
- 1 pinch pepper flakes red crushed to taste
- 0.3 cup red wine
- 8 slices bread whole wheat

Equipment

- frying pan
- sauce pan
- whisk
- mixing bowl

Directions

- Bring the red wine, orange juice, and orange zest to a boil in a small saucepan; reduce heat to medium-low and cook for 5 minutes.
- Pour in the maple syrup and crushed red pepper flakes. Continue cooking 5 minutes more; reduce heat to warm and keep the syrup hot.
- Meanwhile, spread one side of each slice of bread with the softened cream cheese. Press the blueberries into the cream cheese and sandwich two pieces of bread together with the cream cheese on the inside to form the sandwiches; set aside. Beat the eggs in a mixing bowl; whisk in the milk until smooth.
- Melt the butter in a large skillet over medium heat. Dip the sandwiches into the egg mixture allowing the egg to soak into the bread; allow excess egg to drip off. Cook the sandwiches in the hot butter until golden brown on both sides and the bread is no longer soggy, about 5 minutes per side.
- Serve with the hot orange maple syrup.

Nutrition Facts



Properties

Glycemic Index:82.05, Glycemic Load:27.77, Inflammation Score:-7, Nutrition Score:21.196956530861%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 6.13mg, Petunidin: 6.13mg, Petunidin: 6.13mg, Petunidin: 6.13mg Delphinidin: 6.86mg, Delphinidin: 6.86mg, Delphinidin: 6.86mg, Delphinidin: 6.86mg Malvidin: 14.58mg, Malvidin: 14.58mg, Malvidin: 14.58mg, Malvidin: 14.58mg Peonidin: 3.94mg, Peonidin: 3.94mg, Peonidin: 3.94mg, Peonidin: 3.94mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.8mg, Hesperetin: 3.8mg, Hesperetin: 3.8mg, Hesperetin: 3.8mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 564.63kcal (28.23%), Fat: 28.22g (43.41%), Saturated Fat: 15.2g (95.02%), Carbohydrates: 60.47g (20.16%), Net Carbohydrates: 56.57g (20.57%), Sugar: 33.35g (37.05%), Cholesterol: 225.28mg (75.09%), Sodium: 507.66mg (22.07%), Alcohol: 1.59g (100%), Alcohol %: 0.75% (100%), Protein: 15.34g (30.67%), Manganese: 2.22mg (111.22%), Vitamin B2: 0.93mg (54.43%), Selenium: 31.01µg (44.3%), Phosphorus: 271.21mg (27.12%), Calcium: 221.94mg (22.19%), Vitamin A: 1088.59IU (21.77%), Vitamin C: 17.63mg (21.38%), Vitamin B1: 0.32mg (21.17%), Magnesium: 68.54mg (17.14%), Fiber: 3.9g (15.6%), Folate: 57.82µg (14.46%), Zinc: 2.14mg (14.27%), Vitamin B3: 2.84mg (14.2%), Vitamin B5: 1.4mg (14%), Iron: 2.47mg (13.73%), Potassium: 458.95mg (13.11%), Vitamin B6: 0.26mg (12.8%), Vitamin E: 1.48mg (9.84%), Vitamin B12: 0.59µg (9.8%), Copper: 0.19mg (9.49%), Vitamin K: 9.84µg (9.37%), Vitamin D: 1.1µg (7.36%)