



 7%
HEALTH SCORE

French Toast Croissants with Strawberries

READY IN



20 min.

SERVINGS



4

CALORIES



657 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter
- 0.5 cup butter softened
- 4 croissants plain split
- 2 eggs slightly beaten
- 0.3 cup milk
- 1 teaspoon orange zest grated
- 0.3 cup powdered sugar
- 4 servings strawberries fresh sliced

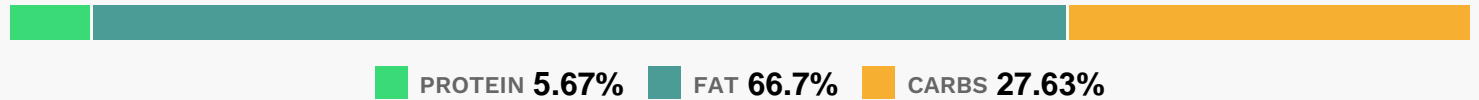
Equipment

- bowl
- frying pan
- blender
- pie form

Directions

- In small mixer bowl beat together all orange butter ingredients at medium speed, scraping bowl often, until light and fluffy (1 to 2 minutes); set aside. In pie pan stir together milk, eggs and 1 teaspoon orange peel. In 10 inch skillet or griddle melt 2 tablespoons butter over medium heat. Dip 4 croissant halves into egg mixture, turning to coat both sides.
- Place croissant halves, cut side down, in skillet. Cook, turning once, until golden brown (3 to 4 minutes on each side).
- Remove to serving platter; keep warm. Repeat with remaining 2 tablespoons butter and 4 croissant halves. Dust croissant halves with powdered sugar; serve with orange butter.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:20.13, Inflammation Score:-9, Nutrition Score:18.12347826087%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg

Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Taste

Sweetness: 100%, Saltiness: 21.65%, Sourness: 36.83%, Bitterness: 9.31%, Savoriness: 13.29%, Fattiness: 88.43%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 656.56kcal (32.83%), Fat: 49.49g (76.14%), Saturated Fat: 19.79g (123.68%), Carbohydrates: 46.15g (15.38%), Net Carbohydrates: 41.73g (15.18%), Sugar: 21.89g (24.32%), Cholesterol: 152.97mg (50.99%), Sodium: 618.25mg (26.88%), Protein: 9.46g (18.92%), Vitamin C: 85.52mg (103.66%), Vitamin A: 1964.72IU (39.29%), Manganese: 0.75mg (37.56%), Selenium: 20.85µg (29.78%), Folate: 95.92µg (23.98%), Vitamin B1: 0.28mg (18.67%), Vitamin B2: 0.31mg (18.52%), Fiber: 4.42g (17.66%), Phosphorus: 168.54mg (16.85%), Vitamin E: 2.35mg (15.65%), Iron: 2.14mg (11.91%), Vitamin B5: 1.13mg (11.26%), Potassium: 364.97mg (10.43%), Calcium: 94.26mg (9.43%), Vitamin B3: 1.86mg (9.29%), Magnesium: 34.17mg (8.54%), Vitamin B6: 0.15mg (7.72%), Vitamin B12: 0.45µg (7.49%), Zinc: 1.01mg (6.74%), Copper: 0.13mg (6.59%), Vitamin K: 5.31µg (5.06%), Vitamin D: 0.66µg (4.42%)