



French Toast filled with Strawberry Cream Cheese

 Vegetarian

READY IN



11 min.

SERVINGS



4

CALORIES



911 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 slices texas bread toast style
- ☐ 4 servings butter
- ☐ 8 ounces cream cheese softened
- ☐ 4 eggs
- ☐ 1 teaspoon honey
- ☐ 0.5 cup milk
- ☐ 2 tablespoons milk

- ☐ 2 tablespoons orange juice freshly squeezed
- ☐ 2 tablespoons orange liqueur recommended: Grand Marnier
- ☐ 1 tablespoon orange zest
- ☐ 1 pint cup heavy whipping cream sour
- ☐ 1 cup strawberries frozen thawed
- ☐ 2 tablespoons strawberry preserves
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ In a small mixing bowl, combine the cream cheese, strawberry preserves, and orange zest until smooth. Set aside.
- ☐ In a bowl, whisk together the eggs, milk, vanilla extract, and orange liqueur.
- ☐ Pour into a shallow bowl, such as a pie plate. Set aside.
- ☐ With a pairing knife, slice a pocket into the side of the bread. Do not cut all of the way through the bread. Fill bread slices with a heaping spoonful of cream cheese mixture.
- ☐ In a skillet over medium heat, melt the butter. Dip the filled bread in the egg mixture and place in the skillet to brown on both sides, about 1 to 2 minutes per side. Repeat with remaining slices.
- ☐ Serve hot with additional Strawberry Cream Cheese on the side.
- ☐ Add all ingredients to a blender and pulse to combine.

Nutrition Facts



Properties

Glycemic Index:88.07, Glycemic Load:7.27, Inflammation Score:-8, Nutrition Score:18.073043584824%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 910.94kcal (45.55%), Fat: 66.07g (101.64%), Saturated Fat: 32.07g (200.45%), Carbohydrates: 59.68g (19.89%), Net Carbohydrates: 56.67g (20.61%), Sugar: 23.46g (26.07%), Cholesterol: 306.05mg (102.02%), Sodium: 747.43mg (32.5%), Alcohol: 2.29g (100%), Alcohol %: 0.71% (100%), Protein: 19.58g (39.16%), Iron: 13.15mg (73.08%), Vitamin A: 1950.17IU (39%), Vitamin B2: 0.61mg (35.66%), Vitamin C: 29.41mg (35.65%), Selenium: 23.94µg (34.2%), Phosphorus: 290.15mg (29.02%), Calcium: 258.45mg (25.85%), Vitamin B12: 0.98µg (16.31%), Vitamin B5: 1.61mg (16.14%), Potassium: 429.23mg (12.26%), Fiber: 3.01g (12.04%), Folate: 45.81µg (11.45%), Vitamin E: 1.66mg (11.05%), Vitamin B6: 0.2mg (10.2%), Zinc: 1.47mg (9.82%), Manganese: 0.18mg (9.11%), Vitamin D: 1.3µg (8.65%), Magnesium: 33.6mg (8.4%), Vitamin B1: 0.1mg (6.4%), Copper: 0.1mg (5.02%), Vitamin K: 4.36µg (4.15%), Vitamin B3: 0.44mg (2.22%)