



French Toast with Strawberries and Cream

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



600 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 slices day-old brioche 1-inch-thick from day old loaf
- ☐ 6 servings butter
- ☐ 2 cups cup heavy whipping cream divided
- ☐ 6 large eggs
- ☐ 3 cups strawberries fresh trimmed sliced
- ☐ 2 tablespoons water

Equipment

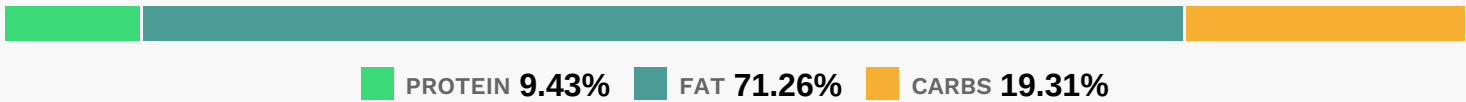
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 200 degrees F, and warm an ovenproof serving platter in the oven.
- ☐ In a medium saucepan, combine 2 cups of the berries with the water and bring to a simmer. Cook over medium heat until the berries are softened and set aside until ready to serve. Keep warm.
- ☐ In a shallow bowl, large enough to soak a few slices of bread, whisk together eggs and 1 cup cream.
- ☐ In a large nonstick griddle or skillet over medium heat, melt a large pat of butter. Be sure to cover the cooking surface with the melted butter. Working in batches, dip however many slices of brioche that can be cooked on the griddle at a time, in the egg/cream mixture. Turn bread over and be sure to not let the bread get too soggy.
- ☐ Transfer the bread to the preheated and buttered griddle and cook until golden brown and slightly crisp, about 3 minutes per side.
- ☐ Place the cooked French toast on the warm serving platter in the oven and cover loosely with foil. These will keep warm in the oven while the remaining slices are prepared.
- ☐ Whip the remaining 1 cup of cream, in a medium bowl, with a hand-held mixer, until soft peaks form.
- ☐ Serve the French toast topped with the warm strawberries, remaining sliced fresh strawberries and whipped cream.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:1.64, Inflammation Score:-8, Nutrition Score:12.85260865481%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 600.32kcal (30.02%), Fat: 48.35g (74.39%), Saturated Fat: 28.41g (177.58%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 28.03g (10.19%), Sugar: 6.03g (6.69%), Cholesterol: 366.2mg (122.07%), Sodium: 338.81mg (14.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.8%), Vitamin C: 42.81mg (51.89%), Vitamin A: 1969.72IU (39.39%), Selenium: 18.07µg (25.81%), Vitamin B2: 0.4mg (23.25%), Phosphorus: 163.49mg (16.35%), Vitamin D: 2.27µg (15.13%), Manganese: 0.29mg (14.64%), Calcium: 119.88mg (11.99%), Folate: 44.1µg (11.03%), Vitamin B5: 1.06mg (10.64%), Vitamin E: 1.58mg (10.53%), Vitamin B12: 0.58µg (9.67%), Iron: 1.72mg (9.54%), Vitamin B6: 0.15mg (7.34%), Potassium: 255.73mg (7.31%), Zinc: 0.94mg (6.27%), Fiber: 1.44g (5.76%), Magnesium: 21.06mg (5.27%), Vitamin K: 4.62µg (4.4%), Copper: 0.08mg (4%), Vitamin B1: 0.05mg (3.56%), Vitamin B3: 0.37mg (1.84%)