



Gil's Brioche French Toast

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



905 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pound brioche bread rectangular
- 1 tablespoon confectioners' sugar
- 6 eggs
- 2 cups heavy cream divided
- 3 cups strawberries fresh divided hulled
- 2 tablespoons butter unsalted
- 1 teaspoon vanilla extract
- 2 tablespoons water

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- whisk
- mixing bowl
- hand mixer

Directions

- Place a metal mixing bowl and beaters from an electric mixer into the freezer to chill. Trim the end crusts from the brioche bread, and slice the loaf in half; cut each half in half again (4 pieces), and cut each quarter in half to total 8 pieces of brioche.
- Place 2 cups of strawberries and the water into a saucepan over medium-high heat; cover the pan, and bring to a simmer. Gently steam the berries until they release their juice, about 5 minutes.
- Beat 1 cup of heavy cream, vanilla extract, and confectioners' sugar together with electric mixer in chilled metal bowl with the chilled beaters until the cream forms soft peaks; set aside.
- Whisk the eggs and remaining 1 cup cream together in a large bowl, and place the bread pieces into the mixture, spooning the cream over the bread to coat. Allow to stand for 5 minutes.
- Heat the butter in a skillet over medium heat until fragrant, and lay the coated brioche pieces into the skillet. Cook until the French toast is golden brown, about 3 minutes per side.
- To serve, place 2 pieces of French toast onto a plate, overlapping slightly. Ladle cooked strawberries and their juice over the French toast, and top with a generous dollop of whipped cream. Top the cream with several fresh strawberries.

Nutrition Facts



PROTEIN 10.77% FAT 59.43% CARBS 29.8%

Properties

Glycemic Index:24.67, Glycemic Load:31.39, Inflammation Score:-9, Nutrition Score:32.517391660939%

Flavonoids

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Nutrients (% of daily need)

Calories: 905.1kcal (45.26%), Fat: 60.37g (92.88%), Saturated Fat: 33.84g (211.49%), Carbohydrates: 68.14g (22.71%), Net Carbohydrates: 61.44g (22.34%), Sugar: 17.58g (19.54%), Cholesterol: 395.04mg (131.68%), Sodium: 664.58mg (28.89%), Alcohol: 0.34g (100%), Alcohol %: 0.1% (100%), Protein: 24.61g (49.23%), Manganese: 1.79mg (89.55%), Selenium: 57µg (81.44%), Vitamin C: 64.44mg (78.11%), Vitamin B2: 0.84mg (49.33%), Vitamin A: 2295.86IU (45.92%), Folate: 158.3µg (39.57%), Phosphorus: 373.64mg (37.36%), Vitamin B1: 0.54mg (36.18%), Vitamin B3: 6.89mg (34.44%), Iron: 5.8mg (32.24%), Calcium: 276.56mg (27.66%), Fiber: 6.7g (26.78%), Vitamin B5: 2.39mg (23.88%), Vitamin D: 3.33µg (22.19%), Magnesium: 77.12mg (19.28%), Vitamin B6: 0.33mg (16.55%), Vitamin E: 2.48mg (16.53%), Zinc: 2.48mg (16.51%), Potassium: 532.46mg (15.21%), Copper: 0.28mg (14.17%), Vitamin B12: 0.79µg (13.16%), Vitamin K: 12.43µg (11.84%)