



Gil's Brioche French Toast

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



894 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pound brioche bread rectangular
- 6 eggs
- 2 cups heavy cream divided
- 3 cups strawberries fresh divided hulled
- 2 tablespoons butter unsalted
- 2 tablespoons water

Equipment

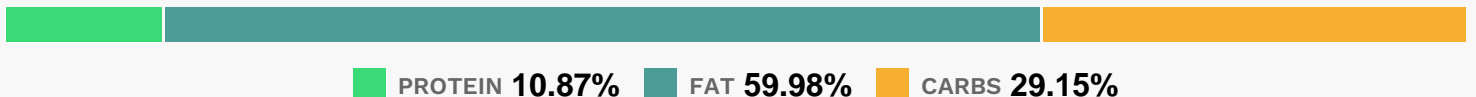
- bowl

- 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



Properties

Glycemic Index:24.67, Glycemic Load:31.39, Inflammation Score:-9, Nutrition Score:32.499130207559%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 894.44kcal (44.72%), Fat: 60.37g (92.88%), Saturated Fat: 33.84g (211.49%), Carbohydrates: 66.02g (22.01%), Net Carbohydrates: 59.32g (21.57%), Sugar: 15.5g (17.22%), Cholesterol: 395.04mg (131.68%), Sodium: 664.45mg (28.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.22%), Manganese: 1.79mg (89.43%), Selenium: 56.99µg (81.42%), Vitamin C: 64.44mg (78.11%), Vitamin B2: 0.84mg (49.25%), Vitamin A: 2295.86IU (45.92%), Folate: 158.3µg (39.57%), Phosphorus: 373.58mg (37.36%), Vitamin B1: 0.54mg (36.17%), Vitamin B3: 6.88mg (34.42%), Iron: 5.8mg (32.23%), Calcium: 276.43mg (27.64%), Fiber: 6.7g (26.78%), Vitamin B5: 2.39mg (23.88%), Vitamin D: 3.33µg (22.19%), Magnesium: 77mg (19.25%), Vitamin E: 2.48mg (16.53%), Vitamin B6: 0.33mg (16.53%), Zinc: 2.47mg (16.5%), Potassium: 530.94mg (15.17%), Copper: 0.28mg (14.13%), Vitamin B12: 0.79µg (13.16%), Vitamin K: 12.43µg (11.84%)