

BREAKFAST

Grilled Grand Marnier French Toast with Strawberries

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
85 min	15 min	70 min	6	\$1.64	248 kcal

Grilled Grand Marnier French Toast with Strawberries requires about 1 hour and 25 minutes from start to finish. This recipe makes 6 servings with 248 calories, 7g of protein, and 5g of fat each. For \$1.64 per serving, this recipe covers 11% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 6 slices thick slices bread, cut in 1/2 diagonally
- ☐ 3 eggs
- ☐ ½ cup milk
- ☐ ¼ cup orange liqueur (recommended: Grand Marnier), optional
- ☐ 2 tablespoons orange liqueur (recommended: Grand Marnier)
- ☐ 16 ounces frozen strawberries, thawed
- ☐ ¼ cup sugar
- ☐ 2 tablespoons sugar
- ☐ 6 servings Whipped topping (recommended: Cool Whip)

EQUIPMENT Bowl, Frying pan, Whisk, Grill

Method

- 1

In a large bowl, combine strawberries, sugar, and liqueur.

- 2 Let stand 1 hour, stirring occasionally.
- 3 Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- 4 In a shallow bowl, whisk together eggs, milk, liqueur, and sugar. Coat each slice of bread on both sides with egg mixture.
- 5 Place coated bread slices on hot oiled grill. Cook for 3 to 4 minutes per side.
- 6 To serve, place 1 piece of French toast on plate. Top with strawberries and whipped topping.
- 7 Add another slice of French toast and repeat.
- 8 **INDOOR:** Prepare bread slices as directed. Melt 2 to 3 tablespoons of butter on a hot griddle (over medium-high heat). Cook prepared bread slices until golden brown on both sides.
- 9 Serve as directed.

Nutrition per serving

248

KCAL

7 g

PROTEIN

5 g

FAT

38 g

CARBS

Saturated Fat	1.8 g · 11% of daily needs
Fibre	2.6 g · 11% of daily needs
Sugar	24.5 g · 27% of daily needs
Sodium	177 mg · 8% of daily needs
Cholesterol	84.4 mg · 28% of daily needs
Vitamin C	44.5 mg · 54% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/grilled-grand-marnier-french-toast-with-strawberries-142330