



 **58%**  
HEALTH SCORE

## La Isla's Stuffed French Toast

 Vegetarian

READY IN



65 min.

SERVINGS



4

CALORIES



973 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 6 ounces almonds sliced
- 4 slices bread refrigerated thick pullman-style
- 10 ounces cornflakes (recommended: Cornflakes)
- 4 ounces cream cheese room temperature
- 6 extra large eggs
- 4 ounces evaporated milk
- 1 tablespoon ground cinnamon
- 1.5 tablespoons guava marmalade for drizzling (recommended: lafe)

- 3 ounces guava shells (recommended: LaFe)
- 0.3 teaspoon nutmeg freshly grated
- 5 ounces strawberries diced
- 2 tablespoons sugar
- 2 tablespoons butter unsalted soft for sauteing
- 1 teaspoon vanilla extract
- 4 ounces milk whole

## Equipment

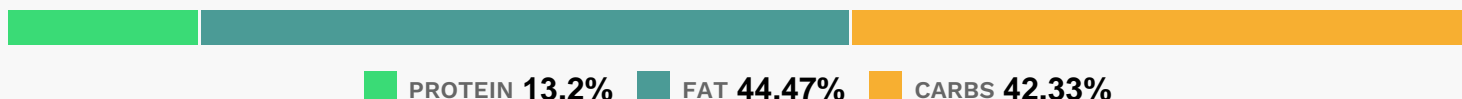
- bowl
- frying pan
- oven
- pastry bag
- baking spatula

## Directions

- Watch how to make this recipe.
- In a medium bowl, using a hand beater, beat the 2 tablespoons of butter, and the cream cheese until combined.
- Add the marmalade and mix until incorporated, then fold in the strawberries and guava shells, using a rubber scraper.
- Transfer the mixture to a pastry bag fitted with a large tip.
- Make an incision (pocket) on the crust side of the 4 pieces of bread about 3/4 of the way through. The incision will allow you to stuff the pocket. Leave the slices with the incision, covered, at room temperature before stuffing. Gently stuff the room temperature slices with the filling. Refrigerate the stuffed slices with the pocket opening facing up for 20 to 30 minutes.
- Preheat oven to 375 degrees F.
- Add all the ingredients to a medium shallow bowl and mix well.

- Add the corn cereal and almonds to a sheet pan and crush together. Dip the bread slices in the egg batter and then into the cereal mixture.
- Put a large skillet on medium-high heat and add 3 to 4 tablespoons butter. When the butter has melted add the stuffed bread slices and brown on 1 side, then flip and put the skillet in oven for 8 minutes.
- Remove the skillet from the oven and transfer the toast to a serving platter.
- Drizzle with guava marmalade and a dusting of powdered sugar before serving.

## Nutrition Facts



### Properties

Glycemic Index:95.94, Glycemic Load:13.83, Inflammation Score:-10, Nutrition Score:56.476521657861%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 972.55kcal (48.63%), Fat: 49.49g (76.14%), Saturated Fat: 15.73g (98.33%), Carbohydrates: 105.98g (35.33%), Net Carbohydrates: 94.06g (34.2%), Sugar: 29.2g (32.44%), Cholesterol: 367.79mg (122.6%), Sodium: 900.26mg (39.14%), Alcohol: 0.34g (100%), Alcohol %: 0.11% (100%), Protein: 33.04g (66.08%), Iron: 24.96mg (138.66%), Vitamin B2: 2.23mg (130.93%), Manganese: 1.95mg (97.74%), Folate: 351.48µg (87.87%), Vitamin E: 12.56mg (83.75%), Vitamin B1: 1.23mg (82.32%), Vitamin B3: 16.2mg (80.98%), Vitamin B6: 1.57mg (78.74%), Vitamin B12: 4.56µg (76.07%), Selenium: 45.45µg (64.93%), Phosphorus: 609.8mg (60.98%), Vitamin C: 49.04mg (59.44%), Vitamin A: 2434.62IU (48.69%), Fiber: 11.91g (47.65%), Magnesium: 184.29mg (46.07%), Calcium: 369.29mg

(36.93%), Copper: 0.73mg (36.51%), Vitamin D: 4.68µg (31.18%), Zinc: 4mg (26.64%), Vitamin B5: 2.41mg (24.12%), Potassium: 841.69mg (24.05%), Vitamin K: 4.51µg (4.3%)