

Lemon Cream Stuffed French Toast with Streusel Topper and Fresh Blueberries

READY IN



70 min.

SERVINGS



8

CALORIES



587 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 servings blueberries fresh sliced
- 0.3 cup brown sugar packed
- 2 tablespoons butter
- 8 eggs
- 16 ounce bread french
- 1 teaspoon ground cinnamon
- 22 ounce jell-o lemon flavor pudding & pie filling canned
- 8 ounce cream cheese reduced-fat (Neufchatel)

- 2 cups milk
- 0.3 cup powdered sugar
- 0.5 cup oats
- 0.3 teaspoon salt
- 1 teaspoon vanilla

Equipment

- bowl
- oven
- whisk
- wire rack
- blender
- baking pan
- hand mixer

Directions

- Preheat oven to 350 degrees F. Lightly grease a 3-quart rectangular baking dish; set aside. In a large bowl beat cream cheese with an electric mixer on medium speed until smooth. Beat in powdered sugar and vanilla.
- Add pie filling; beat until well combined. In a large bowl whisk together eggs and milk until combined.
- Trim ends off French bread and discard or save for another use.
- Cut loaf into 16 slices. Arrange half the slices in the prepared baking dish, overlapping slices if necessary. Evenly pour on 1/2 of the egg mixture (about 1 3/4 cups). Spoon lemon filling atop bread slices in dish, spreading evenly. Top with remaining bread slices. Dish will be very full. Slowly pour remaining egg mixture evenly over bread slices in dish.
- In a medium bowl combine oats, brown sugar, cinnamon, and salt. Using a pastry blender, cut in butter until mixture is crumbly.
- Sprinkle oat mixture over bread slices in dish.
- Bake, uncovered, for 40 to 45 minutes or until set in the center.

Let stand on a wire rack for 20 to 30 minutes before serving.

Serve with berries.

Nutrition Facts

PROTEIN 11.85% **FAT 24.01%** **CARBS 64.14%**

Properties

Glycemic Index:34.81, Glycemic Load:32.87, Inflammation Score:-8, Nutrition Score:21.3469565433%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 587kcal (29.35%), Fat: 15.96g (24.56%), Saturated Fat: 7.29g (45.56%), Carbohydrates: 95.94g (31.98%), Net Carbohydrates: 90.53g (32.92%), Sugar: 54.49g (60.55%), Cholesterol: 207.09mg (69.03%), Sodium: 820.21mg (35.66%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 17.73g (35.46%), Manganese: 1.08mg (53.99%), Selenium: 34.04µg (48.62%), Vitamin B2: 0.65mg (38.18%), Vitamin B1: 0.55mg (36.54%), Phosphorus: 293.63mg (29.36%), Vitamin K: 30.07µg (28.64%), Folate: 106.5µg (26.62%), Fiber: 5.41g (21.63%), Iron: 3.76mg (20.88%), Calcium: 191.56mg (19.16%), Vitamin B3: 3.54mg (17.7%), Vitamin C: 14.37mg (17.41%), Vitamin B12: 0.99µg (16.46%), Vitamin B5: 1.56mg (15.64%), Magnesium: 56.47mg (14.12%), Vitamin B6: 0.27mg (13.55%), Vitamin A: 661.03IU (13.22%), Zinc: 1.98mg (13.19%), Potassium: 432.57mg (12.36%), Copper: 0.24mg (11.77%), Vitamin E: 1.65mg (11.03%), Vitamin D: 1.64µg (10.91%)