



Make-Ahead French Toast with Strawberry Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



571 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 16 ounce challah bread loaf cubed
- ☐ 8 ounce cream cheese cut into pieces
- ☐ 6 large eggs
- ☐ 4 cups half-and-half
- ☐ 0.3 cup maple syrup
- ☐ 2 cups strawberries fresh sliced
- ☐ 10 ounce strawberry preserves

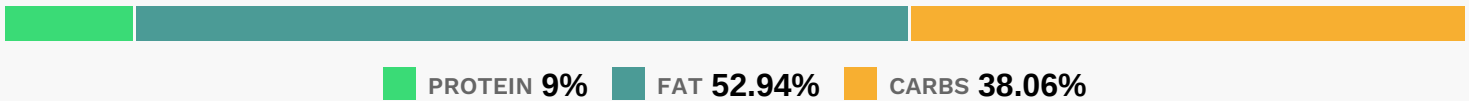
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Arrange half of challah bread in a lightly greased 13- x 9-inch pan.
- ☐ Sprinkle with cheese pieces, and top with remaining bread.
- ☐ Whisk together eggs and next 3 ingredients; pour over bread mixture, pressing bread cubes to absorb egg mixture. Cover and chill 8 hours.
- ☐ Bake, covered, at 350 for 25 minutes. Uncover and bake 20 more minutes.
- ☐ Heat sliced strawberries and strawberry preserves in a saucepan over low heat, and serve over toast.
- ☐ *French bread may be substituted.
- ☐ To Lighten: Substitute 1 (8-ounce) package Neufchtel cheese for cream cheese, 1 1/2 cups egg substitute for eggs, and 4 cups fat-free milk for half-and-half.

Nutrition Facts



Properties

Glycemic Index:15.85, Glycemic Load:13.54, Inflammation Score:-7, Nutrition Score:15.360869532046%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate:

0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg
Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg,
Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin:
0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin:
0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin:
0.01mg

Nutrients (% of daily need)

Calories: 570.64kcal (28.53%), Fat: 33.75g (51.93%), Saturated Fat: 14.95g (93.43%), Carbohydrates: 54.58g
(18.19%), Net Carbohydrates: 52.65g (19.15%), Sugar: 25.75g (28.61%), Cholesterol: 191.52mg (63.84%), Sodium:
462.34mg (20.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.83%), Vitamin B2: 0.71mg (41.71%),
Selenium: 28.59µg (40.85%), Manganese: 0.55mg (27.32%), Vitamin A: 1314.41IU (26.29%), Vitamin C: 20.32mg
(24.63%), Phosphorus: 238.62mg (23.86%), Calcium: 207.02mg (20.7%), Folate: 76.82µg (19.2%), Vitamin B1:
0.26mg (17.52%), Iron: 2.24mg (12.46%), Vitamin B3: 2.48mg (12.4%), Vitamin B5: 1.05mg (10.48%), Potassium:
340.05mg (9.72%), Vitamin B12: 0.56µg (9.29%), Zinc: 1.35mg (9%), Vitamin E: 1.34mg (8.93%), Vitamin B6: 0.16mg
(8.07%), Fiber: 1.93g (7.72%), Magnesium: 30.85mg (7.71%), Copper: 0.15mg (7.5%), Vitamin D: 0.78µg (5.21%),
Vitamin K: 2.87µg (2.73%)