



Mascarpone French Toast with Warm Blackberry Syrup

READY IN



35 min.

SERVINGS



4

CALORIES



803 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 cups blackberries
- 2 tablespoons blackberries
- 8 bread french such as bâtard thick ()
- 2 tablespoons butter
- 2 teaspoons cinnamon
- 4 servings bacon cooked
- 1 large eggs
- 0.3 cup maple syrup

- 1.5 cups mascarpone cheese cold
- 0.5 cup milk
- 0.3 cup sugar
- 1.5 teaspoons vanilla extract divided

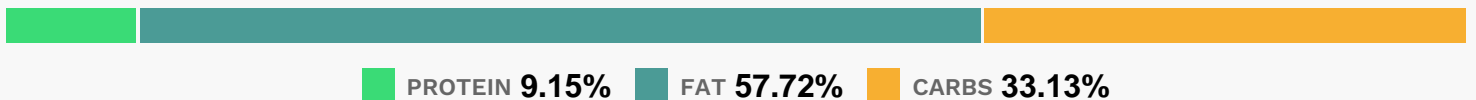
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- grill
- stove

Directions

- Heat a charcoal grill to medium-high (45
- or set up a camp stove and use medium heat.
- Whisk egg, milk, sugar, cinnamon, and 1/2 tsp. vanilla together in a large bowl.
- Stir mascarpone, remaining 1 tsp. vanilla, and the liqueur together in another bowl.
- Spread mascarpone mixture over 4 bread slices; top with remaining slices.
- Cook maple syrup and berries in a small covered saucepan until berries start to break down, 5 to 10 minutes.
- Remove from heat.
- Heat a large heavy frying pan or 2 smaller ones; swirl butter in pan(s). Dip sandwiches in egg mixture, then cook, turning once, until crisp and browned, 4 to 8 minutes total.
- Serve French toast with syrup and bacon.

Nutrition Facts



Properties

Glycemic Index:77.06, Glycemic Load:29.57, Inflammation Score:-8, Nutrition Score:21.547391248786%

Flavonoids

Cyanidin: 97.34mg, Cyanidin: 97.34mg, Cyanidin: 97.34mg, Cyanidin: 97.34mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 36.09mg, Catechin: 36.09mg, Catechin: 36.09mg, Catechin: 36.09mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 803.38kcal (40.17%), Fat: 51.33g (78.98%), Saturated Fat: 29.43g (183.93%), Carbohydrates: 66.29g (22.1%), Net Carbohydrates: 58.36g (21.22%), Sugar: 34.22g (38.03%), Cholesterol: 156.51mg (52.17%), Sodium: 506.38mg (22.02%), Alcohol: 0.52g (100%), Alcohol %: 0.2% (100%), Protein: 18.3g (36.6%), Manganese: 1.94mg (97.22%), Selenium: 24.66µg (35.23%), Vitamin A: 1688.17IU (33.76%), Vitamin B2: 0.54mg (32%), Fiber: 7.93g (31.73%), Calcium: 295.58mg (29.56%), Vitamin C: 20.6mg (24.97%), Vitamin B3: 4.57mg (22.87%), Vitamin K: 22.96µg (21.87%), Vitamin B1: 0.32mg (21.66%), Folate: 78.09µg (19.52%), Phosphorus: 178.79mg (17.88%), Iron: 3.02mg (16.78%), Magnesium: 54.91mg (13.73%), Copper: 0.27mg (13.28%), Zinc: 1.77mg (11.78%), Vitamin B5: 1.12mg (11.23%), Potassium: 388.41mg (11.1%), Vitamin E: 1.61mg (10.72%), Vitamin B6: 0.17mg (8.54%), Vitamin B12: 0.36µg (6.07%), Vitamin D: 0.61µg (4.09%)