

Mascarpone Stuffed French Toast with Peaches

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



413 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 tablespoons powdered sugar
- 6 eggs
- 0.5 teaspoon ground cinnamon
- 4 pinches nutmeg
- 1 lemon zest
- 1 cup mascarpone cheese
- 0.8 cup milk

- 8 peaches fresh
- 4 portugese rolls
- 0.5 cup sugar
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- knife
- whisk
- ziploc bags

Directions

- Peel peaches, remove pits, and slice into a heavy saucepan, catching all the juices. Stir in sugar, nutmeg, and cinnamon, and cook over medium heat until bubbly. Continue cooking, stirring occasionally, until the sauce reaches a syrupy consistency, about 10 minutes.
- Remove from heat.
- Meanwhile, cut off and discard the ends of the bolillo rolls. Slice the rolls into 1 1/4-inch-thick slices.
- Lay each slice of bread on a board, and with a sharp knife held parallel to the board, cut a pocket into each slice, leaving three sides intact. Set aside.
- Stir together the mascarpone, confectioners' sugar, and lemon zest until smooth. Scoop this mixture into a small plastic bag.
- Cut off one corner of the bag, and pipe as much filling into the pocket in each slice of bread as will fit without overflowing.
- Whisk together the eggs, milk, and vanilla in a shallow bowl. Melt butter with oil over medium heat in a large nonstick skillet. Dip each stuffed piece of bread into the batter, add to the skillet, and cook until browned on both sides.
- Serve hot with the warm peach sauce.

Nutrition Facts

PROTEIN 10.53% FAT 39.39% CARBS 50.08%

Properties

Glycemic Index:37.04, Glycemic Load:25.91, Inflammation Score:-6, Nutrition Score:9.7830435089443%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 412.57kcal (20.63%), Fat: 18.26g (28.09%), Saturated Fat: 9.49g (59.33%), Carbohydrates: 52.21g (17.4%), Net Carbohydrates: 49.18g (17.88%), Sugar: 34.52g (38.36%), Cholesterol: 153.63mg (51.21%), Sodium: 237.19mg (10.31%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 10.99g (21.97%), Iron: 6.45mg (35.86%), Vitamin A: 1099.26IU (21.99%), Selenium: 13.84µg (19.78%), Vitamin B2: 0.23mg (13.74%), Phosphorus: 122.69mg (12.27%), Fiber: 3.03g (12.13%), Calcium: 98.58mg (9.86%), Vitamin E: 1.46mg (9.72%), Vitamin C: 7.14mg (8.65%), Vitamin B5: 0.82mg (8.24%), Potassium: 267.08mg (7.63%), Copper: 0.15mg (7.44%), Manganese: 0.14mg (6.97%), Vitamin B12: 0.42µg (6.95%), Vitamin B3: 1.27mg (6.35%), Folate: 25µg (6.25%), Vitamin D: 0.91µg (6.08%), Zinc: 0.88mg (5.88%), Vitamin B6: 0.11mg (5.5%), Magnesium: 19.84mg (4.96%), Vitamin K: 4.71µg (4.48%), Vitamin B1: 0.06mg (4.28%)