



Mildly Decadent French Toast Soufflé

READY IN



45 min.

SERVINGS



8

CALORIES



583 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 lb butter at room temperature
- 0.5 pound croissants (2 or 3)
- 8 servings ice such as rose petals or nasturtiums, rinsed and drained
- 10 large eggs
- 1 teaspoon ground cinnamon
- 3 cups lowfat milk
- 1.3 cups maple syrup
- 6 oz neufchâtel cheese at room temperature
- 2 tablespoons pecans chopped

8 servings powdered sugar

Equipment

food processor

bowl

frying pan

oven

knife

blender

Directions

Tear croissants into 1/2-inch chunks. Whirl in a food processor until coarsely chopped, or chop with a knife. Butter 8 souffl dishes (1- to 1 1/4-cup size) and fill equally with croissant pieces.

In a food processor, combine neufchatel cheese, 1/2 cup butter, and 1/4 cup maple syrup; whirl until blended. (Or, in a bowl, beat with a mixer until smoothly blended.) Drop equal portions into each souffl dish.

In a bowl, beat eggs to blend with 1/2 cup maple syrup and the milk.

Pour equally into each souffl dish.

Sprinkle with cinnamon. Cover and chill at least 8 hours or up to 1 day. Set dishes slightly apart in a 10- by 15- inch pan.

Bake, uncovered, in a 350 oven until pudding-souffls are richly browned and centers barely jiggle when gently shaken, 45 to 50 minutes.

About 5 minutes before pudding-souffls finish baking, in a 1- to 1 1/2 quart pan over medium-high heat, frequently stir remaining 1/2 cup maple syrup until hot.

Sprinkle pudding-souffls with pecans, dust with powdered sugar, garnish with berries or flowers, and add hot syrup to taste.

Nutrition Facts



Properties

Glycemic Index:18.19, Glycemic Load:20.8, Inflammation Score:-7, Nutrition Score:18.527825946393%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 583.25kcal (29.16%), Fat: 30.8g (47.38%), Saturated Fat: 11.02g (68.86%), Carbohydrates: 61.38g (20.46%), Net Carbohydrates: 60.27g (21.92%), Sugar: 46.58g (51.75%), Cholesterol: 271.65mg (90.55%), Sodium: 441.57mg (19.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.03%), Manganese: 1.43mg (71.49%), Vitamin B2: 1.16mg (68.27%), Selenium: 28.28µg (40.4%), Vitamin A: 1429.33IU (28.59%), Phosphorus: 284.85mg (28.48%), Calcium: 245.69mg (24.57%), Vitamin B12: 1.22µg (20.32%), Vitamin B5: 1.68mg (16.78%), Vitamin B1: 0.24mg (16.11%), Folate: 60.37µg (15.09%), Vitamin D: 2.22µg (14.82%), Zinc: 2.04mg (13.63%), Potassium: 425.11mg (12.15%), Iron: 1.85mg (10.27%), Vitamin E: 1.48mg (9.85%), Magnesium: 39.19mg (9.8%), Vitamin B6: 0.19mg (9.57%), Copper: 0.11mg (5.29%), Vitamin B3: 0.9mg (4.48%), Fiber: 1.11g (4.44%), Vitamin K: 1.31µg (1.25%)