



## Monte Cristo Stuffed French Toast with Strawberry Syrup

READY IN



20 min.

SERVINGS



3

CALORIES



1010 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 12 slices bread french
- 0.3 lb finely-chopped ham shaved cooked very thinly sliced
- 2.3 oz swiss cheese cut in half
- 3 eggs
- 0.5 cup milk
- 2 tablespoons granulated sugar
- 1 tablespoon butter
- 1 serving powdered sugar

0.8 cup strawberries

## Equipment

bowl

frying pan

whisk

## Directions

Top 6 slices of the bread evenly with ham and cheese, folding to fit. Top with remaining bread slices.

In small bowl, beat eggs, milk and granulated sugar with fork or wire whisk until well mixed; pour into shallow bowl.

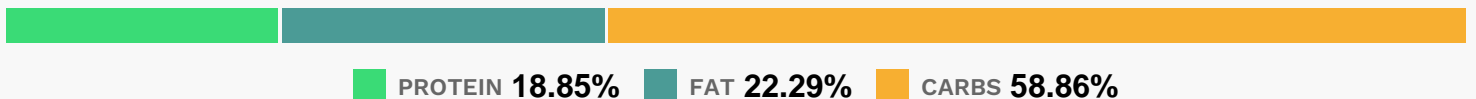
In 12-inch nonstick skillet, heat butter over medium-low heat. Dip each side of each sandwich in egg mixture, allowing time for bread to soak up mixture.

Add sandwiches to skillet. Cover; cook 2 to 3 minutes on each side or until golden brown.

Sprinkle with powdered sugar.

Serve with syrup.

## Nutrition Facts



## Properties

Glycemic Index:85.2, Glycemic Load:109.63, Inflammation Score:-9, Nutrition Score:41.974782663843%

## Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 1009.77kcal (50.49%), Fat: 25.04g (38.53%), Saturated Fat: 8.79g (54.91%), Carbohydrates: 148.82g (49.61%), Net Carbohydrates: 142.47g (51.81%), Sugar: 26.3g (29.22%), Cholesterol: 215.93mg (71.98%), Sodium: 2139.47mg (93.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.67g (95.34%), Selenium: 101.59µg (145.13%), Vitamin B1: 2.07mg (137.98%), Vitamin B2: 1.52mg (89.2%), Folate: 347.29µg (86.82%), Manganese: 1.51mg (75.68%), Vitamin B3: 13.91mg (69.55%), Phosphorus: 639.13mg (63.91%), Iron: 11.28mg (62.68%), Calcium: 406.55mg (40.65%), Vitamin C: 29.98mg (36.34%), Zinc: 5.22mg (34.8%), Vitamin B12: 1.79µg (29.85%), Magnesium: 111.85mg (27.96%), Fiber: 6.35g (25.41%), Vitamin B6: 0.5mg (25.13%), Copper: 0.49mg (24.62%), Vitamin B5: 2.15mg (21.51%), Potassium: 599.81mg (17.14%), Vitamin A: 651.2IU (13.02%), Vitamin E: 1.4mg (9.31%), Vitamin D: 1.33µg (8.85%), Vitamin K: 3.14µg (2.99%)