



Patriotic French Toast

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



394 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup blueberries fresh
- 8 slices bread thick
- 2 tablespoons butter
- 2 cups confectioners' sugar
- 8 ounce cream cheese softened
- 2 eggs beaten
- 0.5 teaspoon ground cinnamon
- 2 cups milk

- 10 ounce strawberries frozen thawed
- 1 teaspoon vanilla extract

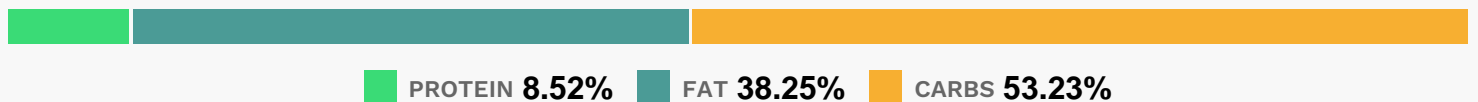
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Preheat an oven to 250 degrees F (120 degrees C).
- Combine the thawed strawberries with their juice and the blueberries in a bowl; set aside. Beat together the softened cream cheese and confectioner's sugar until smooth; set aside.
- Whisk the milk, eggs, vanilla, and cinnamon in a shallow bowl.
- Melt butter over medium heat in a large skillet or griddle. Dip bread into egg mixture, coating thoroughly. Cook until well-browned on both sides, about 5 minutes.
- Place cooked slices on baking sheet and place in oven to keep warm until ready to serve.
- Spread the cream cheese mixture over each slice of french toast, then top with 2 tablespoons of the fruit.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:10.35, Inflammation Score:-6, Nutrition Score:11.029565313588%

Flavonoids

Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg Petunidin: 5.87mg, Petunidin: 5.87mg, Petunidin: 5.87mg, Petunidin: 5.87mg Delphinidin: 6.66mg, Delphinidin: 6.66mg, Delphinidin: 6.66mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 393.7kcal (19.69%), Fat: 17.03g (26.19%), Saturated Fat: 9.21g (57.57%), Carbohydrates: 53.3g (17.77%), Net Carbohydrates: 50.96g (18.53%), Sugar: 38.63g (42.92%), Cholesterol: 84.4mg (28.13%), Sodium: 283.96mg (12.35%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 8.54g (17.07%), Manganese: 0.57mg (28.28%), Vitamin C: 22.69mg (27.51%), Selenium: 15.42µg (22.02%), Vitamin B2: 0.29mg (17.24%), Phosphorus: 161.52mg (16.15%), Calcium: 152.92mg (15.29%), Vitamin A: 641.59IU (12.83%), Vitamin B1: 0.18mg (11.72%), Folate: 41.25µg (10.31%), Vitamin B3: 1.88mg (9.41%), Fiber: 2.34g (9.36%), Vitamin B5: 0.86mg (8.59%), Vitamin B12: 0.5µg (8.26%), Iron: 1.46mg (8.1%), Potassium: 254.76mg (7.28%), Magnesium: 28.59mg (7.15%), Vitamin K: 6.82µg (6.49%), Vitamin B6: 0.13mg (6.48%), Zinc: 0.91mg (6.09%), Vitamin D: 0.89µg (5.94%), Vitamin E: 0.74mg (4.9%), Copper: 0.09mg (4.28%)