



Pumpkin French Toast Stuffed with Blackberry-Caramel Mascarpone

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



1594 kcal

SIDE DISH

Ingredients

- ☐ 1 pint blackberries halved lengthwise
- ☐ 0.5 cup blackberry puree
- ☐ 2 teaspoons blackberry liqueur
- ☐ 8 slices day old challah sliced
- ☐ 4 servings confectioners' sugar
- ☐ 1 tablespoon rum dark
- ☐ 4 large eggs

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup heavy cream divided
- ☐ 1.5 cups mascarpone cheese at room temperature
- ☐ 4 servings mint sprigs fresh for garnish
- ☐ 0.5 cup pumpkin puree
- ☐ 0.3 teaspoon salt fine
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar
- ☐ 6 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 1.8 cups milk whole plus more if needed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ stand mixer
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the cream in a small saucepan over low heat.
- ☐ Combine sugar and water in a small saucepan over high heat and cook, without stirring, until amber brown, about 8 minutes. Slowly whisk in the warm cream, blackberry puree and liqueur and cook until smooth and slightly thickened, about 2 minutes.
- ☐ Remove from the heat and whisk in the vanilla extract.
- ☐ Let come to room temperature.
- ☐ Preheat the oven to 350 degrees F. Put a baking sheet in the oven.
- ☐ Whisk together the eggs, sugar and salt in a large baking dish until smooth.
- ☐ Add the pumpkin puree, ground spices, milk, 1/4 cup of the heavy cream, vanilla and rum and whisk until smooth.
- ☐ Put 4 slices of the bread in the custard mixture and let sit for 2 minutes. Carefully turn over the slices and let sit until the bread is completely soaked through, about 2 more minutes.
- ☐ While the bread is soaking, heat 3 tablespoons of the butter and 1 tablespoon of the oil in a large pan over medium-high heat until the mixture begins to sizzle. Cook the 4 slices of the bread until golden brown on the bottom, about 2 to 3 minutes. Flip over and continue cooking until the bottom is golden brown, about 2 minutes longer.
- ☐ Remove to the baking sheet in the oven to keep warm. Wipe out the pan with paper towels and repeat the process with the butter, oil and remaining 4 pieces of bread.
- ☐ Combine the mascarpone and remaining 1/4 cup of heavy cream in a bowl and using a stand mixer or hand-held mixer, beat until fluffy and smooth. Scrape the mixture into a bowl and fold in a few tablespoons of the blackberry-caramel sauce.
- ☐ Put the sauce into a small saucepan over low heat and heat or put it in the microwave for a minute or so to just warm through.
- ☐ Remove the French toast from the oven and arrange them on a serving platter. Top 4 slices of the toast with a large dollop of the blackberry-caramel mascarpone and some of the blackberries. Cover with the remaining 4 pieces of toast and drizzle each with some of the warm blackberry caramel sauce.
- ☐ Sprinkle with confectioners' sugar, garnish with fresh mint sprig and serve.

Nutrition Facts

 PROTEIN 7.52%  FAT 55.73%  CARBS 36.75%

Properties

Glycemic Index:85.8, Glycemic Load:47.06, Inflammation Score:-10, Nutrition Score:38.411304681197%

Flavonoids

Cyanidin: 138.69mg, Cyanidin: 138.69mg, Cyanidin: 138.69mg, Cyanidin: 138.69mg Pelargonidin: 0.62mg, Pelargonidin: 0.62mg, Pelargonidin: 0.62mg, Pelargonidin: 0.62mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 51.42mg, Catechin: 51.42mg, Catechin: 51.42mg, Catechin: 51.42mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 6.47mg, Epicatechin: 6.47mg, Epicatechin: 6.47mg, Epicatechin: 6.47mg Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 1593.75kcal (79.69%), Fat: 98.85g (152.08%), Saturated Fat: 54.48g (340.47%), Carbohydrates: 146.67g (48.89%), Net Carbohydrates: 135.47g (49.26%), Sugar: 87.31g (97.01%), Cholesterol: 449.63mg (149.88%), Sodium: 730.37mg (31.76%), Alcohol: 2.11g (100%), Alcohol %: 0.38% (100%), Protein: 30g (60%), Vitamin A: 8355.25IU (167.11%), Manganese: 1.69mg (84.47%), Selenium: 52.48µg (74.96%), Vitamin B2: 1.03mg (60.52%), Calcium: 480.79mg (48.08%), Vitamin K: 49.91µg (47.54%), Fiber: 11.2g (44.81%), Folate: 177.47µg (44.37%), Phosphorus: 401.96mg (40.2%), Vitamin B1: 0.59mg (39.61%), Vitamin C: 31.13mg (37.74%), Vitamin B3: 6.4mg (31.99%), Iron: 5.63mg (31.29%), Vitamin E: 4.41mg (29.4%), Vitamin D: 3.87µg (25.77%), Copper: 0.5mg (25.02%), Vitamin B5: 2.15mg (21.51%), Vitamin B12: 1.26µg (20.97%), Potassium: 716.69mg (20.48%), Magnesium: 80.68mg (20.17%), Zinc: 2.92mg (19.44%), Vitamin B6: 0.3mg (15.12%)