



Pumpkin-Stuffed French Toast

 Vegetarian

READY IN



26 min.

SERVINGS



10

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup pumpkin puree canned
- 0.5 teaspoon cinnamon
- 4 large eggs
- 2 tablespoons light-brown sugar packed
- 10 servings maple syrup
- 8 slices whole-grain bread
- 1 pinch nutmeg
- 10 servings pecans toasted chopped

- 0.5 cup greek yogurt plain (not nonfat)
- 1 pinch salt
- 4 tablespoons butter unsalted
- 1 tablespoon vanilla extract
- 1 cup milk whole

Equipment

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

Directions

- Preheat oven to 200F. Set a wire rack over a large baking sheet; place in oven.
- Combine first 6 ingredients in a bowl; whisk until smooth.
- Spread evenly over 4 slices of bread.
- Place remaining 4 slices of bread on top to form sandwiches.
- In a large dish, whisk milk, eggs and vanilla.
- Place sandwiches in batter.
- Let bread soak, about 1 minute per side.
- Melt 2 Tbsp. butter in a nonstick skillet over medium heat.
- Add 2 sandwiches; cook, flipping halfway through, until golden brown on both sides, 6 to 8 minutes total.
- Transfer to rack on sheet in oven. Repeat with remaining sandwiches.
- Top French toast with pecans and maple syrup, if desired, and serve.

Nutrition Facts



■ PROTEIN 13.25% ■ FAT 35.85% ■ CARBS 50.9%

Properties

Glycemic Index:22.92, Glycemic Load:11.17, Inflammation Score:-7, Nutrition Score:10.573913063692%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 223.71kcal (11.19%), Fat: 8.84g (13.6%), Saturated Fat: 4.23g (26.45%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 26.48g (9.63%), Sugar: 17.38g (19.31%), Cholesterol: 89.87mg (29.96%), Sodium: 149.59mg (6.5%), Alcohol: 0.45g (100%), Alcohol %: 0.49% (100%), Protein: 7.35g (14.7%), Manganese: 1.03mg (51.4%), Vitamin A: 1560.48IU (31.21%), Vitamin B2: 0.45mg (26.66%), Selenium: 13.53µg (19.33%), Phosphorus: 132.76mg (13.28%), Calcium: 118.11mg (11.81%), Vitamin B1: 0.13mg (8.93%), Magnesium: 31.69mg (7.92%), Fiber: 1.75g (7%), Zinc: 1.02mg (6.77%), Vitamin B12: 0.39µg (6.49%), Vitamin B5: 0.64mg (6.36%), Iron: 1.12mg (6.24%), Potassium: 207.47mg (5.93%), Vitamin B3: 1.13mg (5.63%), Vitamin B6: 0.11mg (5.61%), Folate: 20.98µg (5.25%), Vitamin D: 0.75µg (5.02%), Copper: 0.09mg (4.6%), Vitamin E: 0.58mg (3.85%), Vitamin K: 3.65µg (3.47%)