



Strawberry and Banana Stuffed French Toast with Grand Marnier Syrup

READY IN

ready

85 min.

SERVINGS

servings

6

CALORIES

calories

774 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 servings almonds toasted sliced for serving
- ☐ 1 cup bananas fresh sliced
- ☐ 12 slices brioche bread
- ☐ 8 ounces whipped cream cheese
- ☐ 3 eggs
- ☐ 1 cup grand marnier
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup granulated sugar

- ☐ 1 tablespoon granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup half-and-half
- ☐ 1 juice of lemon grated
- ☐ 2 juice of orange grated
- ☐ 3 to 4 grates nutmeg fresh
- ☐ 1 cup strawberries fresh hulled sliced
- ☐ 3 cups strawberries hulled quartered
- ☐ 0.3 cup strawberry jam
- ☐ 2 tablespoons butter unsalted
- ☐ 6 servings whipped cream fresh for serving

Equipment

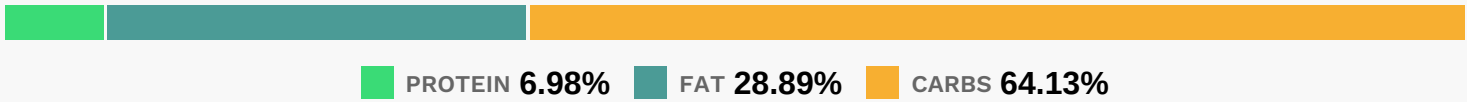
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ For the macerated strawberries: In a medium saucepan, combine the strawberries, sugar, lemon zest, lemon juice and 1/4 cup water and stir. Bring to a simmer, and then lower the heat and swirl. Cook until the strawberries are soft (but not falling apart) and the liquid is syrupy, 7 to 8 minutes. Set aside to cool.
- ☐ Combine the Grand Marnier, sugar, orange zest, orange juice and 1/4 cup water in a saucepan and simmer for 10 minutes until slightly thickened. Set aside to cool.
- ☐ For the strawberry and banana stuffed French toast: In a medium bowl, whisk together the eggs, half-and-half, granulated sugar, cinnamon and nutmeg.
- ☐ Stir the cream cheese to soften, and then spread on 6 of the bread slices. Top each slice with a layer of the strawberries.

- ☐ Spread a thin layer of strawberry jam on the other 6 pieces of bread, and top each slice with a layer of the bananas.
- ☐ Place each bread slice with strawberries together with a bread slice with bananas to form 6 sandwiches. Press around the edges to seal.
- ☐ Melt the butter in a nonstick saute pan (or flat griddle top) over medium-low heat. Dip the sandwiches in the egg mixture for a few seconds on each side, allowing any excess to drain off, and then place in the pan. Cook until golden brown, 3 to 4 minutes per side. Slice in half on the diagonal and serve topped with the macerated strawberries, whipped cream, toasted almond slivers and a good dusting of confectioners' sugar.
- ☐ Drizzle with the Grand Marnier syrup.

Nutrition Facts



Properties

Glycemic Index:117.62, Glycemic Load:59.29, Inflammation Score:-8, Nutrition Score:20.700000327566%

Flavonoids

Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 4.52mg, Catechin: 4.52mg, Catechin: 4.52mg, Catechin: 4.52mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 773.72kcal (38.69%), Fat: 23.18g (35.66%), Saturated Fat: 12.05g (75.32%), Carbohydrates: 115.79g (38.6%), Net Carbohydrates: 110.35g (40.13%), Sugar: 81.04g (90.05%), Cholesterol: 135.75mg (45.25%), Sodium:

328.35mg (14.28%), Alcohol: 10.23g (100%), Alcohol %: 3.22% (100%), Caffeine: 10.23mg (3.41%), Protein: 12.59g (25.19%), Vitamin C: 72.23mg (87.55%), Manganese: 1.21mg (60.56%), Selenium: 25.89µg (36.99%), Folate: 98.11µg (24.53%), Vitamin B2: 0.41mg (24.26%), Phosphorus: 229.08mg (22.91%), Fiber: 5.44g (21.77%), Vitamin B1: 0.32mg (21.59%), Vitamin B3: 3.95mg (19.74%), Calcium: 189.02mg (18.9%), Iron: 3.14mg (17.43%), Magnesium: 61.64mg (15.41%), Potassium: 531.41mg (15.18%), Vitamin B6: 0.29mg (14.3%), Vitamin A: 712.99IU (14.26%), Vitamin B5: 1.28mg (12.79%), Copper: 0.24mg (11.79%), Zinc: 1.42mg (9.43%), Vitamin E: 1.4mg (9.32%), Vitamin B12: 0.39µg (6.47%), Vitamin K: 6.67µg (6.35%), Vitamin D: 0.69µg (4.57%)