



Strawberry and Mascarpone Stuffed French Toast



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



46 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

☐ 2 cups ingredients: strawberries 2 hulled cleaned sliced to taste (, and) ()

Equipment

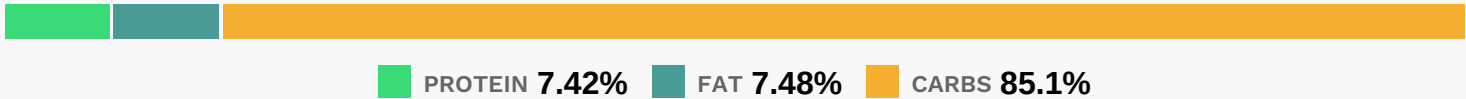
☐ frying pan

Directions

☐ Mix the strawberries and sugar and let sit for 10 minutes.

- ☐ Mix the mascarpone, yogurt and sugar and let sit for 10 minutes.
- ☐ Mix the strawberries into the mascarpone.
- ☐ Mix the milk, egg and cinnamon in a wide, shallow dish.
- ☐ Take two slices of bread and form a sandwich, filling them with strawberries and mascarpone.
- ☐ Dip the sandwich in the egg mixture to coat on both sides.
- ☐ Melt a touch of butter in a pan and fry the stuffed french toast until golden brown on both sides, about 2–3 minutes per side.
- ☐ Serve the strawberry and mascarpone stuffed french toast smothered in the strawberry syrup.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:3.27, Inflammation Score:-5, Nutrition Score:8.3413044123546%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 46.08kcal (2.3%), Fat: 0.43g (0.66%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 8.18g (2.97%), Sugar: 7.04g (7.82%), Cholesterol: 0mg (0%), Sodium: 1.44mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin C: 84.67mg (102.63%), Manganese: 0.56mg (27.79%), Fiber: 2.88g (11.52%), Folate: 34.56µg (8.64%), Potassium: 220.32mg (6.29%), Magnesium: 18.72mg

(4.68%), Phosphorus: 34.56mg (3.46%), Copper: 0.07mg (3.46%), Vitamin B6: 0.07mg (3.38%), Iron: 0.59mg (3.28%), Vitamin K: 3.17µg (3.02%), Vitamin B3: 0.56mg (2.78%), Vitamin E: 0.42mg (2.78%), Vitamin B1: 0.03mg (2.3%), Calcium: 23.04mg (2.3%), Vitamin B2: 0.03mg (1.86%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.2mg (1.34%)