



Strawberry Cream Cheese French Toast

 Vegetarian  Popular

READY IN



570 min.

SERVINGS



15

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon butter
- 2 tablespoons cornstarch
- 16 ounce cream cheese cold cut into 1-inch cubes
- 12 large eggs
- 2 cups half-and-half
- 0.3 cup maple syrup pure
- 1 cup strawberries fresh sliced
- 1 cup water

- 12 slices bread white home-style divided cut into 1-inch cubes,
- 1 cup sugar white

Equipment

- sauce pan
- oven
- blender
- baking pan
- aluminum foil

Directions

- Generously grease a 9x13-inch baking dish.
- Arrange half the bread cubes in the prepared baking dish. Evenly distribute cream cheese cubes over the bread cube layer; sprinkle 1 1/2 cups sliced strawberries atop cream cheese layer.
- Layer the remaining bread cubes over strawberry layer.
- Pour half-and-half into a blender; pulse for a few seconds. Blend eggs into half-and-half until fully incorporated.
- Add maple syrup and blend until smooth.
- Pour mixture evenly over bread mixture. Cover the baking dish with aluminum foil and refrigerate 8 hours or overnight.
- Remove baking dish from refrigerator 45 minutes before baking.
- Preheat oven to 350 degrees F (175 degrees C).
- Bake the covered casserole in the preheated oven for 30 minutes.
- Remove aluminum foil and continue baking until French toast is puffed and golden brown, about 30 more minutes.
- Stir sugar, water, and cornstarch together in a small saucepan. Cook, stirring occasionally, over medium heat until mixture has thickened, about 5 minutes.
- Mix 1 cup sliced strawberries into the sugar mixture; cook and stir until strawberries are softened, about 10 minutes.

Add butter and stir sauce until butter is melted.

Nutrition Facts

PROTEIN 11.39% **FAT 50.53%** **CARBS 38.08%**

Properties

Glycemic Index:19.89, Glycemic Load:18.75, Inflammation Score:-5, Nutrition Score:9.6226086668346%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 343.79kcal (17.19%), Fat: 19.46g (29.94%), Saturated Fat: 10.27g (64.21%), Carbohydrates: 33g (11%), Net Carbohydrates: 32.34g (11.76%), Sugar: 21.75g (24.17%), Cholesterol: 192.64mg (64.21%), Sodium: 274.59mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.74%), Selenium: 20.71µg (29.59%), Vitamin B2: 0.46mg (26.99%), Manganese: 0.34mg (16.8%), Phosphorus: 167.48mg (16.75%), Vitamin A: 761.02IU (15.22%), Calcium: 138.65mg (13.86%), Folate: 47.02µg (11.76%), Vitamin B5: 1mg (9.99%), Vitamin B1: 0.14mg (9.41%), Iron: 1.48mg (8.22%), Vitamin B12: 0.49µg (8.09%), Vitamin C: 5.94mg (7.19%), Zinc: 1.04mg (6.91%), Vitamin B6: 0.12mg (6.2%), Vitamin E: 0.85mg (5.69%), Potassium: 192.42mg (5.5%), Vitamin B3: 1.09mg (5.44%), Vitamin D: 0.8µg (5.33%), Magnesium: 19.11mg (4.78%), Copper: 0.07mg (3.53%), Fiber: 0.66g (2.65%), Vitamin K: 1.49µg (1.42%)