



Strawberry-Cream Cheese Stuffed French Toast

 Vegetarian

READY IN



48 min.

SERVINGS



6

CALORIES



583 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 servings butter for cooking
- 6 servings confectioners' sugar for serving
- 8 ounces cream cheese
- 2 eggs
- 0.5 teaspoon granulated sugar
- 1 cup granulated sugar
- 1 juice of lemon

- 6 servings maple syrup for serving
- 0.5 cup milk
- 1 cup strawberries fresh sliced
- 3 cups strawberries sliced
- 12 slices bread white

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- In a small bowl, whisk together the eggs, milk, and granulated sugar.
- Spread the cream cheese on half of the bread slices and top with strawberries. Top with the remaining 6 bread slices and press around the edges to seal.
- Melt butter on a griddle over medium-low heat. Dip the sandwiches in the egg mixture for a few seconds on each side. Cook the sandwiches until golden brown, 2 to 3 minutes per side.
- Serve with maple syrup, Strawberry Syrup, or confectioners' sugar.
- In a medium saucepan, combine all the ingredients and bring to a boil. Lower the heat and simmer until the strawberries are soft and the syrup is thickened and reduced by 1/3 to 1/2 in volume, 15 to 18 minutes.
- Remove from the heat and let cool to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:74.41, Glycemic Load:49.06, Inflammation Score:-7, Nutrition Score:17.331304363582%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg 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: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg 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: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 582.88kcal (29.14%), Fat: 21.31g (32.78%), Saturated Fat: 11.47g (71.69%), Carbohydrates: 90.45g (30.15%), Net Carbohydrates: 87.37g (31.77%), Sugar: 63.35g (70.39%), Cholesterol: 105.93mg (35.31%), Sodium: 421.2mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.52%), Vitamin C: 58.38mg (70.77%), Manganese: 1.14mg (56.9%), Vitamin B2: 0.59mg (34.56%), Selenium: 20.43µg (29.18%), Folate: 89.99µg (22.5%), Calcium: 214.47mg (21.45%), Vitamin B1: 0.32mg (21.14%), Phosphorus: 171.16mg (17.12%), Vitamin A: 757.06IU (15.14%), Vitamin B3: 2.84mg (14.2%), Iron: 2.42mg (13.45%), Fiber: 3.09g (12.34%), Potassium: 358.2mg (10.23%), Magnesium: 38.18mg (9.55%), Vitamin B5: 0.92mg (9.16%), Zinc: 1.19mg (7.91%), Vitamin B6: 0.15mg (7.6%), Vitamin E: 1mg (6.67%), Copper: 0.13mg (6.47%), Vitamin B12: 0.33µg (5.53%), Vitamin D: 0.52µg (3.45%), Vitamin K: 3.46µg (3.3%)