



Strawberry-Filled French Toast with Caramel and Pecans

READY IN



45 min.

SERVINGS



8

CALORIES



346 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.8 cup egg substitute
- ☐ 2 large eggs
- ☐ 0.5 cup evaporated milk fat-free
- ☐ 2 cups skim milk fat-free
- ☐ 12 ounce bread french cut into 16 (1/4-inch-thick) slices
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.1 teaspoon nutmeg
- ☐ 3 tablespoons pecans chopped
- ☐ 2 tablespoons powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup strawberry jam
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon vanilla extract
- ☐ 3 tablespoons water

Equipment

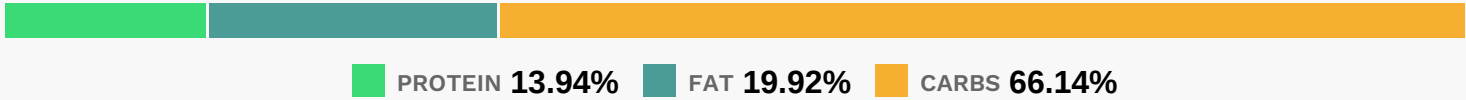
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ To prepare sauce, combine granulated sugar and water in a medium, heavy saucepan. Cook over medium-low heat 3 minutes or until the sugar dissolves. Cover and cook over medium heat 1 minute. Uncover and cook 5 minutes or until light golden (do not stir).
- ☐ Remove from heat, and let stand 1 minute.
- ☐ Add butter; stir until melted.
- ☐ Add evaporated milk; stir constantly.
- ☐ Place pan over medium heat; cook 3 minutes or until caramel melts and mixture is smooth, stirring constantly.
- ☐ Remove from heat; stir in vanilla and salt.
- ☐ To prepare French toast, pour sauce into a 13 x 9-inch baking dish coated with cooking spray. Arrange 8 bread slices in dish.
- ☐ Spread preserves evenly over bread; top with remaining bread.
- ☐ Combine fat-free milk and next 6 ingredients (through eggs).
- ☐ Pour milk mixture over bread; sprinkle with pecans.

- ☐ Preheat oven to 35
- ☐ Bake, uncovered, at 350 for 35 minutes or until top is golden.
- ☐ Let cool 5 minutes.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:46.73, Glycemic Load:34.68, Inflammation Score:-5, Nutrition Score:12.515652228957%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 345.59kcal (17.28%), Fat: 7.64g (11.76%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 57.1g (19.03%), Net Carbohydrates: 55.53g (20.19%), Sugar: 32.27g (35.86%), Cholesterol: 56.67mg (18.89%), Sodium: 415.34mg (18.06%), Alcohol: 0.64g (100%), Alcohol %: 0.4% (100%), Protein: 12.03g (24.07%), Selenium: 27.55µg (39.36%), Vitamin B2: 0.48mg (28.34%), Vitamin B1: 0.4mg (26.95%), Manganese: 0.42mg (21.23%), Phosphorus: 198.17mg (19.82%), Calcium: 176.02mg (17.6%), Folate: 67.51µg (16.88%), Iron: 2.57mg (14.29%), Vitamin B3: 2.25mg (11.27%), Vitamin B5: 1.07mg (10.66%), Vitamin B12: 0.57µg (9.52%), Zinc: 1.41mg (9.41%), Magnesium: 35.41mg (8.85%), Vitamin D: 1.3µg (8.66%), Potassium: 300.55mg (8.59%), Vitamin B6: 0.15mg (7.64%), Copper: 0.15mg (7.62%), Vitamin A: 326.77IU (6.54%), Fiber: 1.57g (6.28%), Vitamin E: 0.72mg (4.82%), Vitamin C: 2.33mg (2.82%)