



Strawberry Jam-Filled French Toast

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



473 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup weight cream cheese fat-free softened (from 8-ounce container)
- 0.5 cup eggs fat-free
- 0.5 cup skim milk fat-free (skim)
- 8 slices bread french sliced (1/)
- 0.5 teaspoon orange zest grated
- 1 tablespoon powdered sugar
- 1 tablespoon powdered sugar
- 8 teaspoons strawberry jam

0.5 teaspoon vanilla

Equipment

bowl

frying pan

pie form

Directions

In small bowl, mix cream cheese, 1 tablespoon powdered sugar and the orange peel until well blended.

Spread 4 slices of the bread evenly with cream cheese mixture.

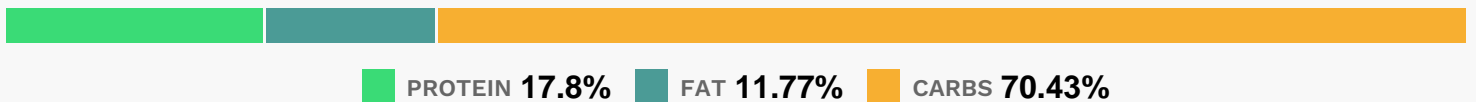
Spread 2 teaspoons preserves on each remaining slice of bread. Top each with 1 bread slice spread with cream cheese, making 4 sandwiches.

In shallow bowl or pie pan, mix egg product, milk and vanilla until well blended.

Heat 10-inch nonstick skillet or griddle over medium heat or to 375F. Dip each sandwich into egg mixture, turning to coat both sides. Cook in hot skillet 3 to 4 minutes on each side until golden brown.

Sprinkle each sandwich with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:42.19, Glycemic Load:56.93, Inflammation Score:-6, Nutrition Score:20.670000071111%

Nutrients (% of daily need)

Calories: 473kcal (23.65%), Fat: 6.16g (9.48%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 82.99g (27.66%), Net Carbohydrates: 80g (29.09%), Sugar: 19.11g (21.24%), Cholesterol: 115.61mg (38.54%), Sodium: 930.02mg (40.44%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 20.98g (41.95%), Selenium: 47.54µg (67.92%), Vitamin B1: 0.95mg (63.09%), Vitamin B2: 0.77mg (45.59%), Folate: 178.89µg (44.72%), Manganese: 0.69mg (34.47%), Vitamin B3: 6.27mg (31.35%), Iron: 5.64mg (31.32%), Phosphorus: 303.93mg (30.39%), Calcium: 176.87mg (17.69%), Zinc: 2.08mg (13.88%), Magnesium: 52.06mg (13.02%), Fiber: 3g (11.99%), Copper: 0.24mg (11.85%), Vitamin B5: 1.13mg (11.25%), Vitamin B6: 0.22mg (10.84%), Vitamin B12: 0.58µg (9.7%), Potassium: 294.22mg (8.41%), Vitamin D: 0.94µg

(6.3%), Vitamin A: 235.04IU (4.7%), Vitamin E: 0.61mg (4.05%), Vitamin C: 1.57mg (1.91%)