



Strawberry-Topped French Toast Bake

 Vegetarian

READY IN



540 min.

SERVINGS



6

CALORIES



542 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 16 oz bread french cut into 24 (3/4-inch-thick) slices (18 inches long)
- 8 oz approx cream cheese spread
- 4 eggs
- 1 cup milk
- 0.3 cup sugar
- 0.3 teaspoon salt
- 0.3 teaspoon ground cinnamon
- 2 tablespoons butter melted

- 4 cups strawberries fresh
- 0.5 cup sugar
- 2 tablespoons amaretto

Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- Spread about 1 tablespoon cream cheese on 12 bread slices. Top with remaining bread slices to form 12 sandwiches.
- Place sandwiches in baking dish to cover bottom of dish.
- In medium bowl, beat eggs. Beat in milk, 1/4 cup sugar, the salt and cinnamon until well blended.
- Pour over bread in baking dish.
- Let stand at room temperature 5 minutes. Turn bread slices over. Cover; refrigerate 8 hours or overnight.
- Chop 1 cup of the strawberries. (Refrigerate remaining berries.) In nonmetal bowl, gently stir chopped strawberries, 1/2 cup sugar and the amaretto until mixed. Cover; refrigerate 8 hours or overnight.
- When ready to bake, heat oven to 400°F. Uncover baking dish; drizzle bread slices with melted butter.
- Bake 25 to 30 minutes or until golden brown.
- Meanwhile, slice remaining strawberries and add to chilled strawberry mixture; mix lightly.
- Serve French toast with strawberry topping.

Nutrition Facts



■ PROTEIN 12.02% ■ FAT 30.47% ■ CARBS 57.51%

Properties

Glycemic Index:58.95, Glycemic Load:50.6, Inflammation Score:-7, Nutrition Score:19.553478375725%

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 Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg 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: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 541.75kcal (27.09%), Fat: 18.28g (28.12%), Saturated Fat: 9.76g (60.99%), Carbohydrates: 77.64g (25.88%), Net Carbohydrates: 74.01g (26.91%), Sugar: 37.99g (42.21%), Cholesterol: 147.47mg (49.16%), Sodium: 816.12mg (35.48%), Alcohol: 1.3g (100%), Alcohol %: 0.52% (100%), Protein: 16.23g (32.46%), Vitamin C: 56.45mg (68.43%), Selenium: 32µg (45.71%), Manganese: 0.79mg (39.66%), Vitamin B1: 0.59mg (39.65%), Folate: 129.96µg (32.49%), Vitamin B2: 0.54mg (31.83%), Iron: 3.89mg (21.59%), Vitamin B3: 4.09mg (20.45%), Phosphorus: 203.05mg (20.3%), Calcium: 168.79mg (16.88%), Fiber: 3.63g (14.51%), Vitamin A: 711.76IU (14.24%), Magnesium: 45.37mg (11.34%), Vitamin B6: 0.2mg (10.05%), Zinc: 1.48mg (9.84%), Vitamin B5: 0.98mg (9.79%), Potassium: 340.31mg (9.72%), Copper: 0.19mg (9.33%), Vitamin B12: 0.49µg (8.14%), Vitamin D: 1.03µg (6.89%), Vitamin E: 0.88mg (5.84%), Vitamin K: 3.2µg (3.05%)