



Stuffed French Toast

READY IN



45 min.

SERVINGS



12

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 ounce raisin bread
- ☐ 8 ounce weight cream cheese fat-free softened
- ☐ 8 ounce cream cheese softened
- ☐ 2 cups egg substitute divided
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 cup half and half
- ☐ 3 cups milk 1% low-fat
- ☐ 1 cup sugar divided
- ☐ 1 tablespoon vanilla extract

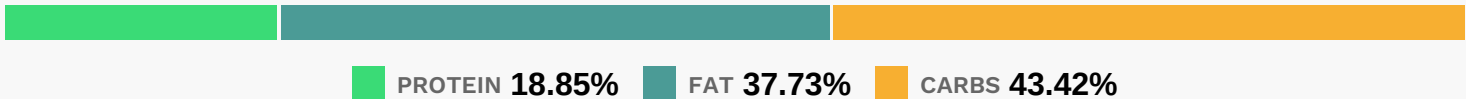
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan

Directions

- ☐ Trim crusts from bread. Arrange half of the bread in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine milk, 1 1/2 cups egg substitute, half-and-half, and 1/2 cup sugar in a large bowl, stirring with a whisk.
- ☐ Pour half of milk mixture over bread in dish.
- ☐ Combine 1/2 cup egg substitute, 1/2 cup sugar, vanilla, nutmeg, and cheeses in a food processor or blender; process until smooth.
- ☐ Pour cream cheese mixture over moist bread in dish. Top with remaining bread; pour remaining milk mixture over bread. Cover and refrigerate 8 hours or overnight.
- ☐ Preheat oven to 35
- ☐ Uncover and bake at 350 for 55 minutes.
- ☐ Let stand 10 minutes before serving.
- ☐ Sprinkle with cinnamon-sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:19.84, Glycemic Load:12.73, Inflammation Score:-4, Nutrition Score:8.5956521267476%

Nutrients (% of daily need)

Calories: 230.85kcal (11.54%), Fat: 9.74g (14.98%), Saturated Fat: 5.72g (35.77%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 25.1g (9.13%), Sugar: 23.22g (25.8%), Cholesterol: 31.36mg (10.45%), Sodium: 315.4mg (13.71%), Alcohol: 0.37g (100%), Alcohol %: 0.27% (100%), Protein: 10.94g (21.89%), Selenium: 21.53µg (30.76%), Phosphorus: 230.48mg (23.05%), Vitamin B2: 0.38mg (22.55%), Calcium: 211.67mg (21.17%), Vitamin B12: 0.76µg (12.59%), Vitamin B5: 1.21mg (12.11%), Vitamin A: 540.89IU (10.82%), Vitamin D: 1.29µg (8.59%), Potassium: 290.49mg (8.3%), Zinc: 1.12mg (7.48%), Vitamin B1: 0.11mg (7.19%), Vitamin B6: 0.12mg (6.03%), Vitamin E: 0.87mg (5.81%), Magnesium: 21.74mg (5.43%), Iron: 0.94mg (5.21%), Folate: 19.02µg (4.76%), Vitamin B3: 0.29mg (1.46%), Copper: 0.03mg (1.41%), Manganese: 0.03mg (1.26%)