



Stuffed French Toast I

READY IN



20 min.

SERVINGS



6

CALORIES



492 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 8 ounce cream cheese
- 4 eggs
- 1 pound bread french
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.3 cup irish cream liqueur
- 0.3 cup orange marmalade
- 1 teaspoon vanilla extract

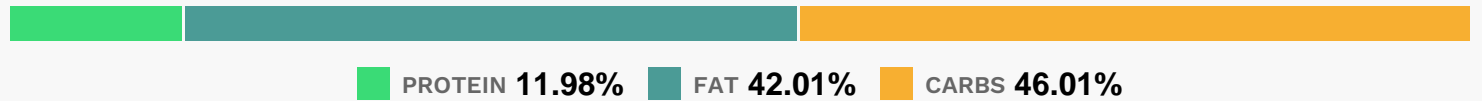
Equipment

- bowl
- frying pan

Directions

- Slice the French bread on a slant, giving each side of the slice a nice surface area. Slice the brick of cream cheese into 1/2 inch thick slices. Make a slit in each slice of French bread through the crust to form a pocket.
- Place a slice of cream cheese in each pocket; set aside.
- In a small bowl, beat together eggs, Irish cream liqueur, cinnamon and nutmeg.
- Melt butter in a griddle or frying pan over medium-low heat. Briefly dip the bread slices in the egg mixture and place on the griddle. Brown on both sides and serve warm with a dollop of orange marmalade on top.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:30.83, Inflammation Score:-6, Nutrition Score:14.069565249526%

Nutrients (% of daily need)

Calories: 491.78kcal (24.59%), Fat: 22.72g (34.95%), Saturated Fat: 12.16g (76.01%), Carbohydrates: 55.97g (18.66%), Net Carbohydrates: 54.12g (19.68%), Sugar: 17.77g (19.74%), Cholesterol: 157.33mg (52.44%), Sodium: 655.5mg (28.5%), Alcohol: 1.56g (100%), Alcohol %: 1.12% (100%), Protein: 14.58g (29.16%), Selenium: 34.03µg (48.62%), Vitamin B1: 0.56mg (37.25%), Vitamin B2: 0.55mg (32.38%), Folate: 111.98µg (28%), Manganese: 0.43mg (21.53%), Iron: 3.55mg (19.71%), Vitamin B3: 3.72mg (18.58%), Phosphorus: 180.01mg (18%), Vitamin A: 794.02IU (15.88%), Calcium: 101.34mg (10.13%), Vitamin B5: 0.93mg (9.26%), Zinc: 1.37mg (9.13%), Copper: 0.16mg (8.02%), Magnesium: 31.84mg (7.96%), Vitamin B6: 0.16mg (7.79%), Fiber: 1.85g (7.4%), Vitamin E: 0.91mg (6.08%), Vitamin B12: 0.35µg (5.87%), Potassium: 188.16mg (5.38%), Vitamin D: 0.59µg (3.91%), Vitamin K: 1.76µg (1.68%), Vitamin C: 0.86mg (1.04%)