



Super-Stuffed French Toast

 Vegetarian

READY IN



23 min.

SERVINGS



6

CALORIES



420 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 ounces peach pie filling
- ☐ 12 slices brioche bread
- ☐ 6 ounces cherry pie filling
- ☐ 6 jumbo eggs beaten
- ☐ 2 tablespoons ground cinnamon plus more for topping
- ☐ 0.3 cup heavy cream
- ☐ 6 servings powdered sugar for topping
- ☐ 6 servings salt

- ☐ 0.3 cup sugar
- ☐ 2 tablespoons vanilla extract

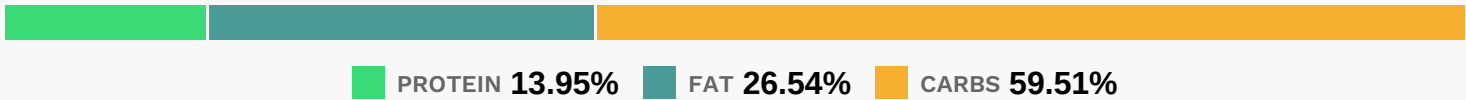
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat indoor grill or griddle.
- ☐ In a medium bowl, whisk together eggs, cream, vanilla, cinnamon, pinch of salt and sugar until well combined.
- ☐ Lay 6 slices of bread out and lightly brush egg mixture around edges. Press a "pocket" in the middle of each slice of bread for the filling. Heap 2 teaspoons of apple or cherry pie filling in the middle of each bread pocket.
- ☐ Take remaining 6 slices and brush the edges with egg mixture.
- ☐ Place on top of bread with filling and seal edges with fingers.
- ☐ Dip stuffed bread in the egg mixture and place on sprayed griddle; cook for 6 to 8 minutes, turning once, until lightly browned.
- ☐ Sprinkle with cinnamon and/or powdered sugar.

Nutrition Facts



Properties

Glycemic Index:22.29, Glycemic Load:20.15, Inflammation Score:-4, Nutrition Score:15.884347853453%

Nutrients (% of daily need)

Calories: 420.47kcal (21.02%), Fat: 12.22g (18.8%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 61.65g (20.55%), Net Carbohydrates: 57.54g (20.93%), Sugar: 24.39g (27.1%), Cholesterol: 245.57mg (81.86%), Sodium: 570.13mg (24.79%), Alcohol: 1.49g (100%), Alcohol %: 0.9% (100%), Protein: 14.45g (28.91%), Manganese: 1.18mg (58.91%), Selenium: 36.15µg (51.64%), Vitamin B2: 0.46mg (27.27%), Phosphorus: 210.94mg (21.09%), Folate: 78.9µg (19.73%), Iron: 3.52mg (19.54%), Vitamin B1: 0.27mg (17.93%), Vitamin B3: 3.29mg (16.44%), Fiber: 4.11g (16.44%), Vitamin B5: 1.49mg (14.91%), Calcium: 143.56mg (14.36%), Vitamin A: 559.88IU (11.2%), Zinc: 1.5mg (10%), Vitamin B6: 0.19mg (9.65%), Vitamin B12: 0.58µg (9.61%), Vitamin D: 1.42µg (9.46%), Copper: 0.18mg (9.05%), Magnesium: 35.89mg (8.97%), Potassium: 236.12mg (6.75%), Vitamin E: 0.93mg (6.22%), Vitamin K: 4.22µg (4.02%), Vitamin C: 1.78mg (2.15%)