



Toasted Strawberry-Cream Cheese Breakfast Sandwiches

 Vegetarian

READY IN



66 min.

SERVINGS



4

CALORIES



688 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 slices cinnamon raisin bread
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup maple syrup
- ☐ 2 tablespoons orange juice fresh
- ☐ 2 teaspoons orange zest finely grated
- ☐ 0.8 cup pink sparkling wine

- ☐ 2.5 cups strawberries fresh hulled cleaned sliced
- ☐ 0.8 cup chocolate white finely chopped

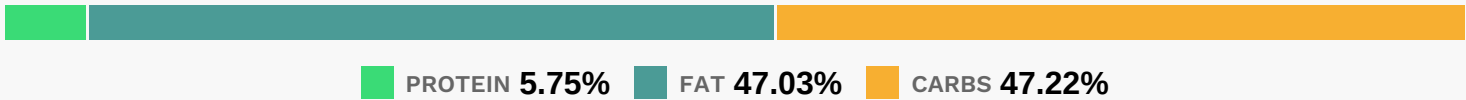
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place the strawberries in a bowl with the sparkling wine and let marinate at least 20 minutes.
- ☐ Drain the strawberries, reserving the sparkling wine. Set aside 1/2 cup of strawberries for a garnish.
- ☐ Meanwhile, combine the cream cheese, white chocolate, orange zest, and orange juice in a separate bowl; stir and blend until smooth.
- ☐ Spread 4 slices of raisin bread with the cream cheese mixture. Arrange the drained strawberries over the cream cheese. Top with remaining 4 slices of raisin bread to make a sandwich.
- ☐ Melt the butter in a large skillet over medium heat.
- ☐ Place the sandwiches in the skillet; cook until lightly toasted on each side, about 2 minutes per side.
- ☐ Place the toasted sandwiches on serving plates, and cut in half.
- ☐ Drizzle evenly with maple syrup, and garnish with remaining strawberries.
- ☐ Serve with the reserved sparkling wine.

Nutrition Facts



Properties

Glycemic Index:86.63, Glycemic Load:41.19, Inflammation Score:-8, Nutrition Score:19.512174191682%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 22.36mg, Pelargonidin: 22.36mg, Pelargonidin: 22.36mg, Pelargonidin: 22.36mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 688.47kcal (34.42%), Fat: 35.7g (54.93%), Saturated Fat: 20.43g (127.69%), Carbohydrates: 80.67g (26.89%), Net Carbohydrates: 76.46g (27.8%), Sugar: 49.43g (54.93%), Cholesterol: 77.51mg (25.84%), Sodium: 433.49mg (18.85%), Alcohol: 2.83g (100%), Alcohol %: 1.11% (100%), Protein: 9.82g (19.63%), Manganese: 1.54mg (77.15%), Vitamin C: 58.71mg (71.16%), Vitamin B2: 0.95mg (55.79%), Selenium: 16.93µg (24.18%), Folate: 87.06µg (21.76%), Calcium: 205.05mg (20.51%), Vitamin A: 975.82IU (19.52%), Phosphorus: 192.48mg (19.25%), Vitamin B1: 0.26mg (17.49%), Fiber: 4.21g (16.83%), Potassium: 551.67mg (15.76%), Vitamin B3: 2.51mg (12.54%), Iron: 2.25mg (12.48%), Magnesium: 47.47mg (11.87%), Copper: 0.18mg (9.04%), Vitamin E: 1.3mg (8.67%), Zinc: 1.3mg (8.65%), Vitamin B5: 0.82mg (8.16%), Vitamin B6: 0.14mg (6.9%), Vitamin K: 6.81µg (6.48%), Vitamin B12: 0.28µg (4.59%)