



Vanilla-Maple French Toast with Warm Berry Preserves

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 servings poached berries
- ☐ 12.8 inch bread french
- ☐ 0.3 cup butter melted ()
- ☐ 9 eggs
- ☐ 0.3 cup maple syrup
- ☐ 6 servings maple syrup
- ☐ 0.8 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 1.5 teaspoons vanilla
- ☐ 2.3 cups milk whole 2% reduced-fat ()

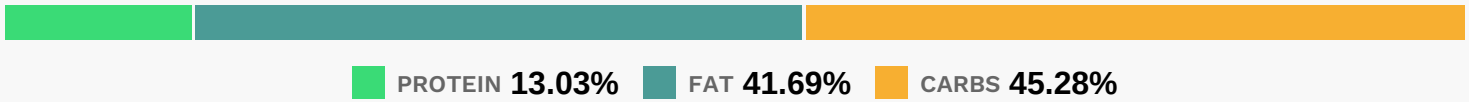
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk eggs in medium bowl to blend. Gradually whisk in milk.
- ☐ Add 1/3 cup maple syrup, sugar, vanilla, and salt; whisk to blend. Divide custard between two 13x9x2-inch glass baking dishes. Arrange bread in single layer in dishes.
- ☐ Let soak 10 minutes. Turn over, cover, and refrigerate overnight.
- ☐ Heat large griddle or heavy large skillet over medium heat. Working in batches, brush griddle with some butter.
- ☐ Add soaked bread; cook until brown on bottom, about 4 minutes. Turn French toast over; cook until bottoms are brown, about 4 minutes.
- ☐ Transfer to plates.
- ☐ Serve with additional syrup and Warm Berry Preserves.

Nutrition Facts



Properties

Glycemic Index:51.93, Glycemic Load:18.92, Inflammation Score:-4, Nutrition Score:13.766521737546%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 369.55kcal (18.48%), Fat: 17.04g (26.21%), Saturated Fat: 8.66g (54.12%), Carbohydrates: 41.63g (13.88%), Net Carbohydrates: 41.49g (15.09%), Sugar: 36.13g (40.15%), Cholesterol: 276.84mg (92.28%), Sodium: 516.08mg (22.44%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 11.99g (23.97%), Vitamin B2: 0.94mg (55.19%), Manganese: 0.93mg (46.34%), Selenium: 23.69µg (33.84%), Phosphorus: 231.2mg (23.12%), Calcium: 196.33mg (19.63%), Vitamin B12: 1.1µg (18.29%), Vitamin D: 2.33µg (15.51%), Vitamin A: 741.45IU (14.83%), Vitamin B5: 1.38mg (13.83%), Zinc: 1.56mg (10.4%), Folate: 38.01µg (9.5%), Vitamin B1: 0.14mg (9.46%), Potassium: 324.41mg (9.27%), Vitamin B6: 0.17mg (8.75%), Iron: 1.42mg (7.88%), Magnesium: 28.95mg (7.24%), Vitamin E: 0.97mg (6.5%), Copper: 0.06mg (2.92%), Vitamin B3: 0.45mg (2.25%), Vitamin K: 1.34µg (1.27%)