



Waffled Brioche French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 inch challah bread
- 5 large eggs
- 4 servings maple syrup for topping
- 1.5 cups milk
- 1 pinch salt
- 3 tablespoons sugar
- 4 servings butter unsalted melted for brushing waffle iron
- 1 teaspoon vanilla extract pure

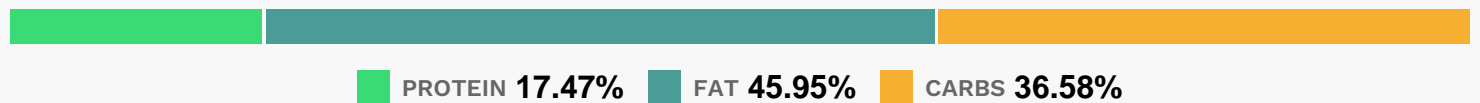
Equipment

- bowl
- oven
- whisk
- baking pan
- aluminum foil
- waffle iron

Directions

- Preheat a waffle iron to medium-high. Preheat the oven to 200 degrees F (to keep cooked waffles warm).
- Whisk together the milk, sugar, vanilla, salt and eggs in a bowl or baking dish. Soak a piece of bread in the mixture for 2 minutes per side.
- Lightly brush the top and bottom of the waffle iron with butter.
- Place the soaked bread on the waffle iron and close gently (don't push down). Cook until golden brown and dry underneath when you lift a corner, 5 to 6 minutes. Keep the warm in the oven or covered with foil on a plate. Repeat with the remaining bread.
- Top the French toast with syrup, raspberries and confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:7.91, Inflammation Score:-3, Nutrition Score:9.3943477622841%

Nutrients (% of daily need)

Calories: 259.71kcal (12.99%), Fat: 13.19g (20.28%), Saturated Fat: 6.29g (39.3%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 23.53g (8.56%), Sugar: 21.64g (24.04%), Cholesterol: 256.17mg (85.39%), Sodium: 148.58mg (6.46%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Protein: 11.28g (22.56%), Selenium: 22.22µg (31.75%), Vitamin B2: 0.43mg (25.55%), Phosphorus: 221.46mg (22.15%), Vitamin B12: 1.06µg (17.71%), Vitamin D: 2.35µg (15.64%), Calcium: 152.57mg (15.26%), Vitamin B5: 1.32mg (13.16%), Vitamin A: 618.72IU (12.37%), Folate: 33.53µg

(8.38%), Vitamin B6: 0.16mg (8.25%), Zinc: 1.22mg (8.13%), Iron: 1.22mg (6.78%), Potassium: 230.9mg (6.6%),
Vitamin B1: 0.09mg (6.22%), Vitamin E: 0.83mg (5.52%), Magnesium: 19.42mg (4.86%), Copper: 0.05mg (2.74%),
Manganese: 0.04mg (2.17%), Vitamin B3: 0.33mg (1.67%)