



Wine Country French Toast

 Vegetarian

READY IN



60 min.

SERVINGS



2

CALORIES



819 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 servings round of président brie french sliced
- ☐ 2 tablespoons butter
- ☐ 2 slices challah bread 1-inch-thick
- ☐ 3 eggs organic
- ☐ 1 cup table grapes red seedless sliced in half
- ☐ 0.5 teaspoon grapeseed oil
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground rosemary

- ☐ 1 pinch kosher salt
- ☐ 0.3 cup maple syrup
- ☐ 1 cup pinot noir chocolate brownies
- ☐ 1 rosemary sprig fresh
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup milk whole

Equipment

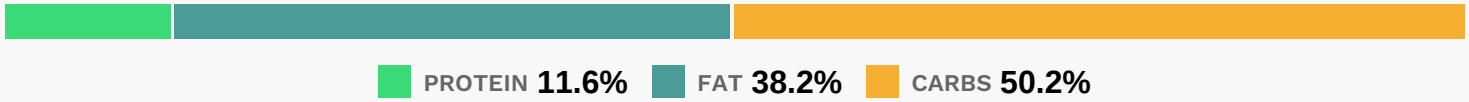
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Watch how to make this recipe.
- ☐ For the roasted grapes: Preheat the oven to 325 degrees F. In a bowl, combine the sliced grapes, grapeseed oil, rosemary and salt.
- ☐ Mix to coat the grapes evenly. Scatter the grapes on a sheet pan or in a large skillet and roast in the oven, 15 to 20 minutes. They should not be shriveled up, just plump and juicy.
- ☐ For the syrup: In the meantime, in a stainless steel saucepan, add the wine and rosemary sprig. Simmer on medium-low heat until reduced by half, 15 to 20 minutes.
- ☐ Remove the rosemary, add the syrup, turn off the heat and let rest. (This can be done ahead of time)
- ☐ For the egg wash: In a bowl or casserole dish large enough to fit the bread flatly on the surface, beat the eggs, milk, sugar, cinnamon and vanilla. Beat until all the ingredients are well combined.
- ☐ Heat a large nonstick or cast-iron skillet to medium-high. Dip the bread in egg wash on both sides, allowing the egg wash to soak in but not over saturate the bread.

- ☐
- Add the butter to the skillet and let melt.
- ☐
- Place the bread in the skillet and let brown, about 3 minutes. Flip the bread over and place some brie on the cooked side of 1 slice of bread. Allow the cheese to soften while the second side cooks to golden brown. Turn off the heat and sandwich the 2 slices together.
- ☐
- Cut the bread on a diagonal and plate. Top with roasted grapes and drizzle with pinot noir syrup.

Nutrition Facts



Properties

Glycemic Index:205.8, Glycemic Load:28.55, Inflammation Score:-8, Nutrition Score:23.950000172076%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 818.98kcal (40.95%), Fat: 31.29g (48.14%), Saturated Fat: 16.05g (100.28%), Carbohydrates: 92.52g (30.84%), Net Carbohydrates: 90.28g (32.83%), Sugar: 58.77g (65.3%), Cholesterol: 336.31mg (112.1%), Sodium: 611.55mg (26.59%), Alcohol: 12.62g (100%), Alcohol %: 3.51% (100%), Protein: 21.37g (42.75%), Vitamin B2: 1.47mg (86.72%), Manganese: 1.68mg (83.9%), Selenium: 41.45µg (59.21%), Phosphorus: 293.24mg (29.32%), Folate: 108.71µg (27.18%), Vitamin B1: 0.39mg (25.69%), Calcium: 255.37mg (25.54%), Vitamin A: 1111.42IU (22.23%), Vitamin B12: 1.32µg (22.07%), Iron: 3.34mg (18.53%), Zinc: 2.57mg (17.11%), Vitamin B5: 1.54mg (15.41%), Vitamin B6: 0.3mg (15.18%), Vitamin B3: 2.97mg (14.86%), Potassium: 519.03mg (14.83%), Vitamin D: 2.02µg (13.45%), Vitamin K: 13.62µg (12.97%), Copper: 0.24mg (12.01%), Magnesium: 45.39mg (11.35%), Vitamin E: 1.69mg (11.24%), Fiber: 2.24g (8.96%), Vitamin C: 2.55mg (3.09%)