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Strawberry French Toast

Strawberry French Toast is a delicious and indulgent breakfast dish that is perfect for special occasions or a lazy weekend brunch. It consists of thick slices of bread soaked in a sweet egg mixture and cooked until golden brown. The French toast is then topped with fresh strawberries and a drizzle of maple syrup for a burst of fruity sweetness. This recipe is sure to impress your family and friends!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

8 slices	Bread
4 large	Eggs
1 c	milk
2 tbsp	sugar

1 tsp	vanilla extract
2 tbsp	butter
2 c	Strawberries
4 tbsp	maple syrup

Directions

Step 1

Mixing

In a shallow dish, whisk together the eggs, milk, sugar, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Dipping

Dip each slice of bread into the egg mixture, allowing it to soak for a few seconds on each side.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

In a large skillet, melt the butter over medium heat. Add the soaked bread slices and cook until golden brown on each side, about 2-3 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Remove the French toast from the skillet and transfer to serving plates.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Top each slice of French toast with sliced strawberries and a drizzle of maple syrup.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 12 g

Protein: 12 g

Carbohydrates: 48 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	48 g	87.27%	96%
Fibers	4 g	10.53%	16%
Sugars	14 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Easter

Meal Type

Breakfast

Brunch

Dinner

Supper

Nutritional Content

Low Calorie

Course

Side Dishes

Desserts

Salads

Snacks

Sauces & Dressings

Cultural

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Difficulty Level

Medium

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