

# Challah French Toast with Cranberry-Apple Compote

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-apple-compote-recipe>

## Ingredients:

- 2 apples such as Granny Smith or Baldwin, peeled, cored and cut into 3/4-inch pieces
- 1 cup frozen cranberries fresh or thawed
- 2 tablespoons sugar
- 1/2 cup fresh orange juice
- 2 slices fresh ginger about 1/4 inch thick
- 3 eggs
- 3/4 cup milk
- 2 tablespoons maple syrup
- 1 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1 tablespoon unsalted butter
- 3/4 inch crusts
- 8 slices challah

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 170 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 160 milligrams
9. Sugar: 28 grams

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