



Baked Apple French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



614 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 24 ounce stouffer's harvest apples
- ☐ 16 ounce bread loaf italian
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 4 large eggs
- ☐ 1.3 cups milk
- ☐ 1 teaspoon vanilla extract
- ☐ 6 servings garnishes: whipped cream

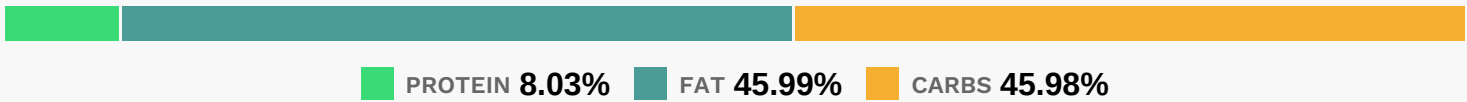
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Thaw apples in microwave at MEDIUM (50% power) 6 to 7 minutes.
- ☐ Cut Italian bread loaf, diagonally, into 6 equal slices. Set aside.
- ☐ Stir together apples and brown sugar. Spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Whisk together eggs, milk, and vanilla in a shallow dish until blended.
- ☐ Place bread slices in egg mixture, and let stand 1 minute. Turn bread slices over, and let stand 1 more minute.
- ☐ Place bread slices in an even layer on top of apple mixture.
- ☐ Bake at 350 for 35 to 40 minutes or until bread centers are firm. Invert each serving of French toast, placing bread slices bottom sides down on individual plates.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:5.13, Inflammation Score:-4, Nutrition Score:11.064347640328%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 614.31kcal (30.72%), Fat: 31.81g (48.94%), Saturated Fat: 16.61g (103.78%), Carbohydrates: 71.57g (23.86%), Net Carbohydrates: 65.14g (23.69%), Sugar: 49.87g (55.41%), Cholesterol: 130.51mg (43.5%), Sodium: 353.23mg (15.36%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Protein: 12.49g (24.98%), Fiber: 6.43g (25.72%), Manganese: 0.41mg (20.49%), Vitamin B2: 0.33mg (19.18%), Vitamin B3: 3.63mg (18.15%), Folate: 66.94µg (16.73%), Selenium: 11.47µg (16.39%), Phosphorus: 163.02mg (16.3%), Iron: 2.56mg (14.23%), Potassium: 438.58mg (12.53%), Calcium: 122.42mg (12.24%), Vitamin B1: 0.17mg (11.29%), Vitamin B12: 0.59µg (9.82%), Vitamin D: 1.26µg (8.42%), Vitamin B5: 0.81mg (8.06%), Magnesium: 31.41mg (7.85%), Vitamin B6: 0.14mg (7.23%), Vitamin A: 334.98IU (6.7%), Vitamin C: 5.29mg (6.41%), Zinc: 0.89mg (5.93%), Vitamin E: 0.63mg (4.18%), Copper: 0.07mg (3.41%), Vitamin K: 3.38µg (3.22%)