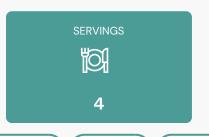
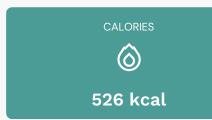


## **Baked Caramel French Toast**

**Gluten Free** 







MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

1 cup brown sugar packed
6 tablespoons butter
0.3 cup whipping cream (heavy)
1 tablespoon plus light
3 eggs
0.5 cup milk
1 teaspoon vanilla

0.3 teaspoon salt

Ш	6 inch irish oats french	
Equipment		
	bowl	
	sauce pan	
	oven	
	baking pan	
	glass baking pan	
Di	rections	
	Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 2-quart saucepan, mix topping ingredients. Cook over medium heat, stirring constantly, until smooth. DO NOT BOIL.	
	Spread topping in baking dish.	
	In shallow bowl, beat eggs with fork. Beat in milk, vanilla and salt. Dip bread slices into egg mixture, making sure all egg mixture is absorbed; arrange over topping in dish. Cover; refrigerate at least 8 hours or overnight.	
	When ready to bake, heat oven to 400°F. Uncover baking dish; bake 20 to 25 minutes or until bubbly and toast is golden brown.	
	Remove from oven; let stand 3 minutes.	
	Place large heatproof serving platter upside down over baking dish; turn platter and baking dish over.	
	Remove baking dish, scraping any extra caramel topping onto toast.	
	Serve immediately.	
Nutrition Facts		
	PROTEIN 4.92%  FAT 47.84%  CARBS 47.24%	
	- 110-170 - 1710-170 - 27110-170	

## **Properties**

Glycemic Index:28.5, Glycemic Load:2.54, Inflammation Score:-6, Nutrition Score:6.6904348426539%

## Nutrients (% of daily need)

Calories: 526.06kcal (26.3%), Fat: 28.46g (43.78%), Saturated Fat: 9.71g (60.67%), Carbohydrates: 63.23g (21.08%), Net Carbohydrates: 62.82g (22.84%), Sugar: 59.87g (66.52%), Cholesterol: 148.83mg (49.61%), Sodium: 426.08mg (18.53%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 6.59g (13.17%), Vitamin A: 1270.33IU (25.41%), Selenium: 12µg (17.15%), Vitamin B2: 0.24mg (14.05%), Calcium: 123.86mg (12.39%), Phosphorus: 114.74mg (11.47%), Vitamin D: 1.31µg (8.75%), Vitamin B12: 0.51µg (8.52%), Vitamin E: 1.2mg (7.97%), Vitamin B5: 0.76mg (7.61%), Iron: 1.15mg (6.38%), Potassium: 193.67mg (5.53%), Vitamin B6: 0.11mg (5.32%), Zinc: 0.64mg (4.27%), Folate: 17.06µg (4.27%), Magnesium: 14.77mg (3.69%), Vitamin B1: 0.04mg (2.65%), Copper: 0.05mg (2.65%), Manganese: 0.05mg (2.43%), Fiber: 0.42g (1.68%)