



Baked Caramel French Toast

READY IN



525 min.

SERVINGS



4

CALORIES



522 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 inch bread french
- ☐ 1 cup brown sugar packed
- ☐ 6 tablespoons butter
- ☐ 1 tablespoon plus light
- ☐ 3 eggs
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup whipping cream (heavy)

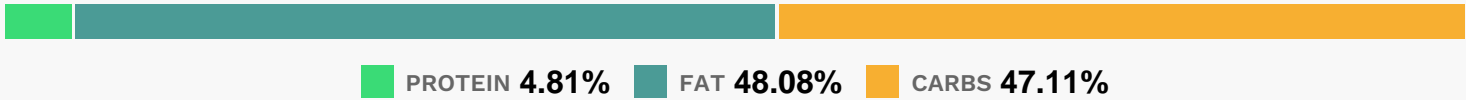
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ 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 400F. 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



Properties

Glycemic Index:28.92, Glycemic Load:2.32, Inflammation Score:-6, Nutrition Score:7.070434819745%

Nutrients (% of daily need)

Calories: 521.8kcal (26.09%), Fat: 28.36g (43.64%), Saturated Fat: 9.7g (60.6%), Carbohydrates: 62.53g (20.84%), Net Carbohydrates: 62.38g (22.68%), Sugar: 60.09g (66.76%), Cholesterol: 148.83mg (49.61%), Sodium: 444.1mg (19.31%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 6.38g (12.77%), Vitamin A: 1270.41IU (25.41%), Selenium: 13.1µg (18.72%), Vitamin B2: 0.25mg (14.62%), Calcium: 126.71mg (12.67%), Phosphorus: 119.65mg (11.97%), Vitamin D: 1.31µg (8.75%), Vitamin B12: 0.51µg (8.52%), Vitamin E: 1.2mg (8.02%), Vitamin B5: 0.79mg (7.92%), Iron: 1.13mg (6.26%), Potassium: 199.04mg (5.69%), Vitamin B6: 0.11mg (5.53%), Folate: 20.3µg (5.08%), Manganese: 0.09mg (4.7%), Zinc: 0.68mg (4.53%), Magnesium: 16.33mg (4.08%), Vitamin B1: 0.06mg (3.69%), Copper: 0.06mg (2.93%), Vitamin B3: 0.35mg (1.76%)