



Baked Croissant French Toast With Orange Syrup

READY IN



85 min.

SERVINGS



4

CALORIES



484 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 croissants
- 3 large eggs
- 2 tablespoons orange juice fresh
- 0.5 cup orange marmalade
- 1 orange zest grated
- 0.3 cup sugar
- 1 tablespoon vanilla extract
- 1 cup milk whole

Equipment

- bowl
- oven
- whisk
- baking pan
- aluminum foil
- broiler
- microwave

Directions

- Whisk the eggs, 1/4 cup sugar, the milk, orange zest, orange juice and vanilla in a large bowl.
- Put the croissants in an 8-inch-square baking dish, squeezing them in to fit in a single layer.
- Pour the egg mixture over the croissants, then put a plate on top and press down to keep them submerged.
- Let soak in the refrigerator, at least 30 minutes and up to 1 hour.
- Preheat the oven to 350 degrees F.
- Remove the plate from the croissants, cover the baking dish with aluminum foil and bake until set, about 40 minutes.
- Remove from the oven and turn on the broiler. Uncover the baking dish, sprinkle with the remaining 1 tablespoon sugar and broil until the sugar is bubbling in spots, about 2 minutes.
- Meanwhile, mix the marmalade with 1/4 cup water in a small microwave-safe bowl; microwave until warm, 1 to 2 minutes.
- Serve on the side.
- Photograph by Andrew Purcell

Nutrition Facts



PROTEIN 9.58% **FAT 32.54%** **CARBS 57.88%**

Properties

Glycemic Index:56.77, Glycemic Load:26.76, Inflammation Score:-6, Nutrition Score:11.988260808198%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 484.27kcal (24.21%), Fat: 17.55g (27%), Saturated Fat: 8.98g (56.13%), Carbohydrates: 70.24g (23.41%), Net Carbohydrates: 68.14g (24.78%), Sugar: 47.11g (52.35%), Cholesterol: 185.01mg (61.67%), Sodium: 318.3mg (13.84%), Alcohol: 1.12g (100%), Alcohol %: 0.64% (100%), Protein: 11.63g (23.25%), Selenium: 25.96µg (37.09%), Vitamin B2: 0.41mg (24.33%), Phosphorus: 199.58mg (19.96%), Vitamin B1: 0.28mg (18.93%), Folate: 74.83µg (18.71%), Vitamin A: 779.8IU (15.6%), Calcium: 138.57mg (13.86%), Vitamin B5: 1.33mg (13.31%), Vitamin B12: 0.75µg (12.57%), Vitamin C: 10.36mg (12.56%), Manganese: 0.22mg (10.91%), Iron: 1.92mg (10.69%), Vitamin D: 1.42µg (9.47%), Fiber: 2.1g (8.39%), Zinc: 1.19mg (7.96%), Vitamin B6: 0.15mg (7.56%), Potassium: 253.73mg (7.25%), Vitamin B3: 1.44mg (7.18%), Vitamin E: 0.94mg (6.25%), Copper: 0.12mg (5.95%), Magnesium: 23.73mg (5.93%), Vitamin K: 1.33µg (1.27%)