



Baked French Swirl Toast

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



449 kcal

Ingredients

- ☐ 16 ounce cinnamon swirl bread cut into cubes pepperidge farm®
- ☐ 8 servings confectioners' sugar
- ☐ 0.8 cup cranberries dried
- ☐ 6 eggs
- ☐ 3 cups half-and-half
- ☐ 8 servings maple syrup pure
- ☐ 2 teaspoons vanilla extract
- ☐ 8 servings butter

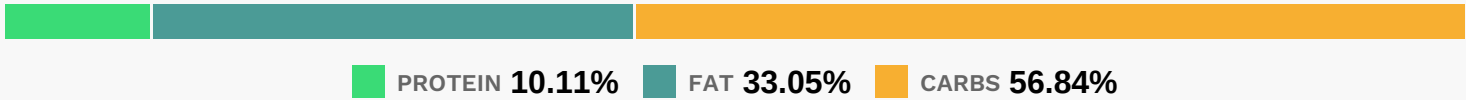
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Place the bread cubes and cranberries in a greased 3-quart shallow baking dish. Beat the eggs, half-and-half and vanilla in a medium bowl with a fork or whisk.
- ☐ Pour over the bread cubes. Cover the dish and refrigerate for 1 hour or overnight.
- ☐ Uncover the dish.
- ☐ Bake at 350 degrees F for 45 minutes or until golden brown and set in the center.
- ☐ Sprinkle with the cinnamon-sugar.
- ☐ Serve with the butter and syrup.

Nutrition Facts



Properties

Glycemic Index:13.44, Glycemic Load:24.24, Inflammation Score:-5, Nutrition Score:13.859130294427%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 449.42kcal (22.47%), Fat: 16.74g (25.76%), Saturated Fat: 8.38g (52.37%), Carbohydrates: 64.79g (21.6%), Net Carbohydrates: 61.75g (22.45%), Sugar: 35.28g (39.19%), Cholesterol: 155.58mg (51.86%), Sodium: 301.94mg (13.13%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 11.53g (23.06%), Vitamin B2: 0.81mg (47.82%), Manganese: 0.79mg (39.35%), Selenium: 24.5µg (35%), Phosphorus: 214.66mg (21.47%), Folate: 78.34µg (19.59%), Calcium: 176.5mg (17.65%), Vitamin B1: 0.25mg (16.5%), Iron: 2.35mg (13.06%), Fiber: 3.04g (12.16%), Vitamin B3: 2.17mg (10.86%), Vitamin A: 516.43IU (10.33%), Vitamin B5: 1.01mg (10.13%), Potassium: 346.95mg (9.91%), Zinc: 1.34mg (8.96%), Magnesium: 32.6mg (8.15%), Vitamin B12: 0.47µg (7.79%), Copper: 0.15mg (7.63%), Vitamin B6: 0.15mg (7.26%), Vitamin E: 0.99mg (6.58%), Vitamin D: 0.67µg (4.47%), Vitamin K: 3.15µg (3%), Vitamin C: 0.9mg

(1.09%)