

Baked French Toast

 Vegetarian

READY IN



900 min.

SERVINGS



12

CALORIES



421 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.3 cups brown sugar
- 0.8 cup butter
- 3 tablespoons plus light
- 8 eggs
- 1 pound bread french
- 0.3 teaspoon ground cinnamon
- 1.5 cups half and half
- 2 cups milk

2 teaspoons vanilla extract

Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Butter a 9x13 inch baking dish. Arrange the slices of bread in the bottom. In a large bowl, beat together eggs, milk, cream, vanilla and cinnamon.
- Pour over bread slices, cover, and refrigerate overnight.
- The next morning, preheat oven to 350 degrees F (175 degrees C). In a small saucepan, combine butter, brown sugar and corn syrup; heat until bubbling.
- Pour over bread and egg mixture.
- Bake in preheated oven, uncovered, for 40 minutes.

Nutrition Facts



PROTEIN 9.58% **FAT 42.23%** **CARBS 48.19%**

Properties

Glycemic Index:16.04, Glycemic Load:16.65, Inflammation Score:-5, Nutrition Score:10.39565213219%

Nutrients (% of daily need)

Calories: 420.99kcal (21.05%), Fat: 20g (30.77%), Saturated Fat: 11.29g (70.59%), Carbohydrates: 51.36g (17.12%), Net Carbohydrates: 50.51g (18.37%), Sugar: 33.09g (36.77%), Cholesterol: 155.09mg (51.7%), Sodium: 404.66mg (17.59%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 10.21g (20.42%), Selenium: 22.03µg (31.47%), Vitamin B2: 0.42mg (24.46%), Vitamin B1: 0.32mg (21.07%), Phosphorus: 172.03mg (17.2%), Folate: 61.86µg (15.46%), Calcium: 143.37mg (14.34%), Vitamin A: 686.03IU (13.72%), Iron: 2.19mg (12.15%), Manganese: 0.23mg (11.63%), Vitamin B3: 1.96mg (9.78%), Vitamin B12: 0.56µg (9.37%), Vitamin B5: 0.86mg (8.63%), Zinc: 1.1mg (7.35%), Vitamin B6: 0.14mg (7.05%), Vitamin D: 1.03µg (6.89%), Magnesium: 26.16mg (6.54%), Potassium: 222.77mg (6.36%), Vitamin E: 0.81mg (5.42%), Copper: 0.09mg (4.69%), Fiber: 0.85g (3.41%), Vitamin K: 1.87µg (1.78%)