

Baked French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 13 inch soft-crust supermarket bread italian
- ☐ 2 large eggs
- ☐ 6 servings accompaniment: maple syrup pure
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup butter unsalted softened
- ☐ 1.7 cups milk whole

Equipment

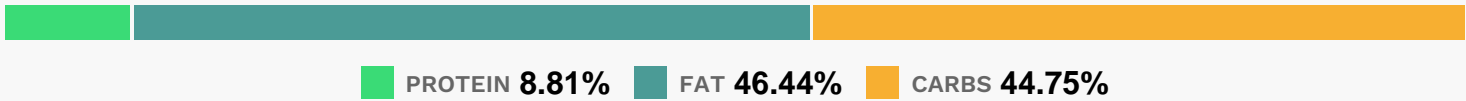
- ☐ oven

- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Cut 12 (1-inch-thick) diagonal slices from bread, reserving ends for another use.
- ☐ Generously butter 1 side of each slice and arrange slices, buttered sides up, in 1 layer in a buttered 13- by 9- by 2-inch glass baking dish, squeezing them slightly to fit if necessary.
- ☐ Whisk together eggs, milk, and 1/4 teaspoon salt until combined well, then pour evenly over bread. Chill, covered, until bread has absorbed all of custard, at least 1 hour and up to 1 day, depending on bread.
- ☐ Preheat oven to 425°F.
- ☐ Bring mixture to room temperature and sprinkle bread with sugar.
- ☐ Bake, uncovered, in middle of oven until bread is puffed and top is golden, 20 to 25 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:11.71, Inflammation Score:-3, Nutrition Score:6.8034782569208%

Nutrients (% of daily need)

Calories: 224.5kcal (11.22%), Fat: 11.69g (17.99%), Saturated Fat: 6.68g (41.75%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 25.14g (9.14%), Sugar: 21.61g (24.02%), Cholesterol: 90.47mg (30.16%), Sodium: 78.35mg (3.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Manganese: 0.53mg (26.68%), Vitamin B2: 0.44mg (26%), Calcium: 123.71mg (12.37%), Selenium: 8.12µg (11.6%), Phosphorus: 110.82mg (11.08%), Vitamin B12: 0.53µg (8.84%), Vitamin A: 436.27IU (8.73%), Vitamin D: 1.22µg (8.14%), Vitamin B5: 0.56mg (5.64%), Vitamin B1: 0.08mg (5.39%), Potassium: 179.82mg (5.14%), Zinc: 0.7mg (4.66%), Magnesium: 16.78mg (4.19%), Vitamin B6: 0.08mg (3.8%), Folate: 12.79µg (3.2%), Vitamin E: 0.44mg (2.93%), Iron: 0.52mg (2.87%), Vitamin B3: 0.41mg (2.06%), Copper: 0.02mg (1.14%), Vitamin K: 1.19µg (1.13%)