



Baked French Toast Casserole

 Vegetarian

READY IN



545 min.

SERVINGS



8

CALORIES



895 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 0.5 pound butter 2 sticks
- ☐ 8 servings butter for pan
- ☐ 2 tablespoons plus light
- ☐ 8 large eggs
- ☐ 13 ounces bread french
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 cups half-and-half

- ☐ 1 cup brown sugar light packed
- ☐ 1 cup milk
- ☐ 1 cup pecans chopped
- ☐ 2 tablespoons raspberry liqueur recommended: Framboise
- ☐ 1 cup raspberry preserves
- ☐ 1 Dash salt
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 3 tablespoons water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

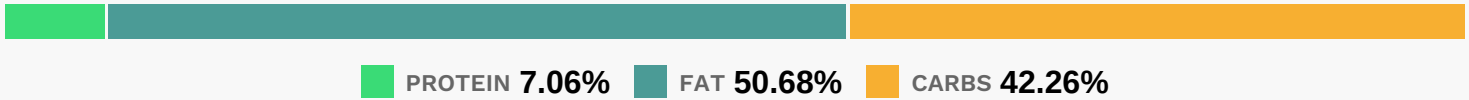
Directions

- ☐ Slice French bread into 20 slices, 1-inch thick each. (Use any extra bread for garlic toast or bread crumbs). Arrange slices in a generously buttered 9 by 13-inch flat baking dish in 2 rows, overlapping the slices.
- ☐ In a large bowl, combine the eggs, half-and-half, milk, sugar, vanilla, cinnamon, nutmeg and salt and beat with a rotary beater or whisk until blended but not too bubbly.
- ☐ Pour mixture over the bread slices, making sure all are covered evenly with the milk-egg mixture. Spoon some of the mixture in between the slices. Cover with foil and refrigerate overnight.
- ☐ The next day, preheat oven to 350 degrees F.
- ☐ Spread Praline Topping evenly over the bread and bake for 45 minutes, until puffed and lightly golden.

- ☐
- Serve with Raspberry Syrup.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:55.95, Glycemic Load:37.81, Inflammation Score:-7, Nutrition Score:18.830434695534%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 894.58kcal (44.73%), Fat: 50.77g (78.11%), Saturated Fat: 24.65g (154.09%), Carbohydrates: 95.26g (31.75%), Net Carbohydrates: 92.38g (33.59%), Sugar: 62.8g (69.77%), Cholesterol: 282.54mg (94.18%), Sodium: 641.61mg (27.9%), Alcohol: 1.53g (100%), Alcohol %: 0.6% (100%), Protein: 15.91g (31.82%), Selenium: 33.15µg (47.35%), Manganese: 0.93mg (46.75%), Vitamin B2: 0.65mg (38.16%), Vitamin B1: 0.48mg (32.32%), Phosphorus: 291.24mg (29.12%), Vitamin A: 1375.11IU (27.5%), Folate: 91.03µg (22.76%), Calcium: 205.69mg (20.57%), Iron: 3.48mg (19.34%), Copper: 0.34mg (16.81%), Zinc: 2.2mg (14.66%), Vitamin B5: 1.41mg (14.09%), Magnesium: 52.5mg (13.13%), Vitamin B12: 0.78µg (13.02%), Vitamin B3: 2.59mg (12.95%), Vitamin E: 1.81mg (12.04%), Vitamin B6: 0.23mg (11.67%), Fiber: 2.88g (11.53%), Potassium: 386.3mg (11.04%), Vitamin D: 1.34µg (8.9%), Vitamin C: 4.44mg (5.39%), Vitamin K: 4.2µg (4%)