



Baked French Toast Casserole with Maple Syrup

 Vegetarian

READY IN



540 min.

SERVINGS



8

CALORIES



780 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.5 pound butter (2 sticks)
- 2 tablespoons plus light
- 8 large eggs
- 13 ounces bread french
- 2 tablespoons granulated sugar
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon nutmeg
- 0.5 teaspoon nutmeg
- 2 cups half and half
- 1 cup brown sugar light packed
- 8 servings maple syrup
- 1 cup milk
- 1 cup pecans chopped
- 1 Dash salt
- 1 teaspoon vanilla extract

Equipment

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

Directions

- Slice French bread into 20 slices, 1-inch 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 40 minutes, until puffed and lightly golden.
- Serve with maple syrup.

Combine all ingredients in a medium bowl and blend well. Makes enough for

Baked French Toast Casserole.

Nutrition Facts

PROTEIN 7.9% **FAT 52.81%** **CARBS 39.29%**

Properties

Glycemic Index:56.76, Glycemic Load:26.9, Inflammation Score:-7, Nutrition Score:19.7465216958%

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: 780.28kcal (39.01%), Fat: 46.7g (71.84%), Saturated Fat: 22.09g (138.08%), Carbohydrates: 78.18g (26.06%), Net Carbohydrates: 75.72g (27.53%), Sugar: 52.83g (58.71%), Cholesterol: 271.79mg (90.6%), Sodium: 596.99mg (25.96%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 15.71g (31.42%), Manganese: 1.39mg (69.37%), Vitamin B2: 0.87mg (51.01%), Selenium: 32.24µg (46.05%), Vitamin B1: 0.49mg (32.72%), Phosphorus: 281.85mg (28.18%), Vitamin A: 1250.41IU (25.01%), Calcium: 218.2mg (21.82%), Folate: 86.26µg (21.56%), Iron: 3.3mg (18.32%), Zinc: 2.31mg (15.39%), Copper: 0.29mg (14.57%), Vitamin B5: 1.39mg (13.95%), Magnesium: 54.75mg (13.69%), Vitamin B3: 2.58mg (12.9%), Vitamin B12: 0.77µg (12.88%), Potassium: 395.07mg (11.29%), Vitamin B6: 0.22mg (11.23%), Vitamin E: 1.64mg (10.94%), Fiber: 2.46g (9.84%), Vitamin D: 1.34µg (8.9%), Vitamin K: 3.87µg (3.69%)