



## Baked French Toast with Blueberries

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



441 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 12 ounces blueberries fresh thawed drained
- 6 servings butter for greasing
- 6 eggs
- 3 tablespoons granulated sugar
- 2 teaspoons ground cinnamon
- 1 lemon zest
- 0.8 cup maple syrup for serving
- 0.3 teaspoon sea salt fine

- 8 ounces sourdough bread cut into 1-inch cubes ( )
- 3 cups milk whole

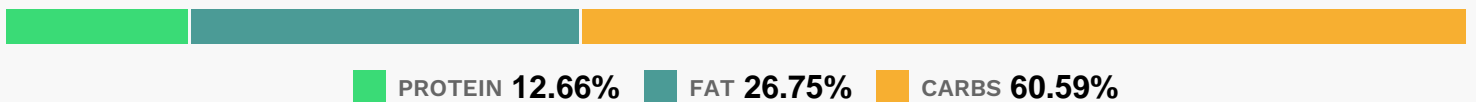
## Equipment

- bowl
- oven
- baking pan

## Directions

- Watch how to make this recipe.
- Place an oven rack in the middle of the oven. Preheat the oven to 350 degrees F. Butter a 9 by 13-inch baking dish. Set aside.
- In a large bowl, beat the eggs until frothy.
- Add the milk, maple syrup, cinnamon, salt, and lemon zest.
- Add the bread cubes and mix until coated. Stir in the blueberries.
- Pour the mixture into the prepared baking dish.
- In a small bowl, mix together the remaining cinnamon and sugar.
- Sprinkle the cinnamon sugar over the egg mixture in an even layer.
- Bake for 40 to 45 minutes until the top is golden and the filling is set.
- Spoon onto serving plates and drizzle with maple syrup.

## Nutrition Facts



## Properties

Glycemic Index:53.35, Glycemic Load:34.13, Inflammation Score:-6, Nutrition Score:19.258260768393%

## Flavonoids

Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg Peonidin:

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## **Nutrients (% of daily need)**

Calories: 440.99kcal (22.05%), Fat: 13.28g (20.42%), Saturated Fat: 6.43g (40.22%), Carbohydrates: 67.65g (22.55%), Net Carbohydrates: 65g (23.64%), Sugar: 43.59g (48.43%), Cholesterol: 189.07mg (63.02%), Sodium: 469.81mg (20.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.26%), Manganese: 1.45mg (72.42%), Vitamin B2: 1.07mg (62.89%), Selenium: 26.81µg (38.3%), Vitamin B1: 0.4mg (26.86%), Phosphorus: 258.58mg (25.86%), Calcium: 250.97mg (25.1%), Folate: 70.9µg (17.72%), Vitamin B12: 1.06µg (17.65%), Vitamin D: 2.22µg (14.81%), Iron: 2.52mg (14%), Vitamin B5: 1.34mg (13.37%), Zinc: 1.85mg (12.36%), Potassium: 427.98mg (12.23%), Vitamin A: 593.27IU (11.87%), Vitamin K: 12.26µg (11.68%), Vitamin B3: 2.27mg (11.34%), Magnesium: 44.52mg (11.13%), Vitamin B6: 0.22mg (11.1%), Fiber: 2.65g (10.61%), Vitamin C: 6.82mg (8.26%), Vitamin E: 1.06mg (7.06%), Copper: 0.13mg (6.32%)