



Baked French Toast with Cardamom and Marmalade

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



388 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups plus light
- ☐ 40 egg bread loaf – crusts 1-inch-thick
- ☐ 3 large egg yolk
- ☐ 3 large eggs
- ☐ 1.3 teaspoons ground cardamom
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated

- ☐ 1.3 cups orange marmalade
- ☐ 2 tablespoons orange zest grated
- ☐ 10 servings powdered sugar
- ☐ 4 teaspoons sugar
- ☐ 0.8 cup whipping cream
- ☐ 1.3 cups milk whole

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Butter 15 x 10 x 2-inch glass baking dish.
- ☐ Spread marmalade evenly over 1 side of each bread slice.
- ☐ Cut slices diagonally in half, forming triangles. Arrange triangles crosswise in dish, marmalade side up and overlapping slightly.
- ☐ Whisk milk and next 7 ingredients in large bowl.
- ☐ Pour custard over bread.
- ☐ Let bread stand 1 hour, basting occasionally, or cover and refrigerate overnight.
- ☐ Mix first 5 ingredients in small bowl, stirring until sugar dissolves.
- ☐ Let stand at least 1 hour. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Preheat oven to 350°F.
- ☐ Bake French toast, uncovered, until puffed and golden brown, about 50 minutes.
- ☐ Sprinkle with powdered sugar; serve with citrus syrup.

Nutrition Facts



 PROTEIN **4.67%**  FAT **23.21%**  CARBS **72.12%**

Properties

Glycemic Index:13.21, Glycemic Load:7.88, Inflammation Score:-3, Nutrition Score:5.7252174356709%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 387.86kcal (19.39%), Fat: 10.56g (16.25%), Saturated Fat: 5.7g (35.61%), Carbohydrates: 73.85g (24.62%), Net Carbohydrates: 73.2g (26.62%), Sugar: 68.44g (76.04%), Cholesterol: 136.75mg (45.58%), Sodium: 104.52mg (4.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.56%), Selenium: 10.4µg (14.85%), Vitamin B2: 0.2mg (11.95%), Vitamin A: 505.2IU (10.1%), Phosphorus: 97.72mg (9.77%), Calcium: 92.8mg (9.28%), Vitamin D: 1.21µg (8.08%), Vitamin C: 6.23mg (7.55%), Vitamin B12: 0.43µg (7.17%), Folate: 24.35µg (6.09%), Vitamin B5: 0.57mg (5.73%), Vitamin B1: 0.08mg (5.58%), Manganese: 0.11mg (5.37%), Zinc: 0.74mg (4.93%), Vitamin B6: 0.08mg (4.21%), Iron: 0.66mg (3.67%), Potassium: 119.92mg (3.43%), Vitamin E: 0.51mg (3.43%), Copper: 0.06mg (3.17%), Fiber: 0.65g (2.59%), Magnesium: 10.15mg (2.54%), Vitamin B3: 0.29mg (1.45%)