



Baked French Toast with Cardamom and Marmalade



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



376 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups plus light
- ☐ 3 large egg yolks
- ☐ 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 peel grated
- ☐ 10 servings powdered sugar
- ☐ 4 teaspoons sugar
- ☐ 0.8 cup whipping cream
- ☐ 1.3 cups milk whole

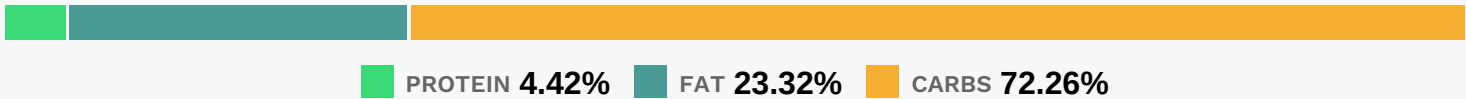
Equipment

- ☐ 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



Properties

Glycemic Index:13.21, Glycemic Load:7.88, Inflammation Score:-3, Nutrition Score:5.2765217099501%

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: 376.38kcal (18.82%), Fat: 10.32g (15.88%), Saturated Fat: 5.63g (35.21%), Carbohydrates: 71.93g (23.98%), Net Carbohydrates: 71.38g (25.96%), Sugar: 68.37g (75.96%), Cholesterol: 134.71mg (44.9%), Sodium: 89.32mg (3.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Selenium: 9.19µg (13.13%), Vitamin B2: 0.19mg (10.92%), Vitamin A: 496.76IU (9.94%), Phosphorus: 93.48mg (9.35%), Calcium: 89.08mg (8.91%), Vitamin D: 1.2µg (7.98%), Vitamin C: 6.23mg (7.55%), Vitamin B12: 0.43µg (7.1%), Vitamin B5: 0.56mg (5.61%), Folate: 20.15µg (5.04%), Zinc: 0.71mg (4.72%), Vitamin B1: 0.07mg (4.41%), Manganese: 0.09mg (4.37%), Vitamin B6: 0.08mg (4.08%), Vitamin E: 0.5mg (3.36%), Potassium: 115.32mg (3.29%), Iron: 0.54mg (2.99%), Copper: 0.06mg (2.85%), Magnesium: 9.39mg (2.35%), Fiber: 0.55g (2.22%)