



Baked French Toast with Pecan Streusel

 Vegetarian

READY IN



59 min.

SERVINGS



10

CALORIES



403 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 large eggs
- ☐ 16 ounce bread french cut into 1/2-inch slices
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 3 cups half and half
- ☐ 0.8 cup brown sugar packed
- ☐ 10 servings maple syrup
- ☐ 10 servings pecans
- ☐ 0.3 teaspoon salt

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2.5 teaspoons vanilla extract

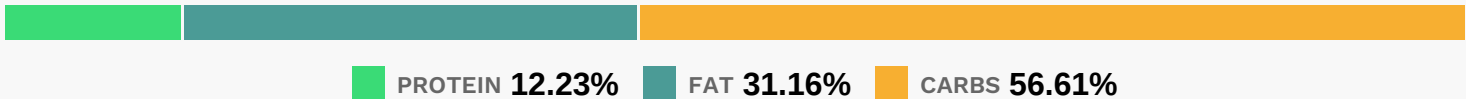
Equipment

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

Directions

- ☐ Arrange bread slices in a greased 13- x 9-inch baking dish.
- ☐ Combine eggs and next 5 ingredients in a large bowl, whisking until well blended.
- ☐ Pour egg mixture over bread. Cover and chill 8 hours or overnight.
- ☐ Preheat oven to 35
- ☐ Sprinkle Pecan Streusel over bread slices.
- ☐ Bake at 350 for 45 minutes or until slightly puffed and golden.
- ☐ Serve with maple syrup.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:23.07, Inflammation Score:-5, Nutrition Score:13.896086975284%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 402.91kcal (20.15%), Fat: 13.98g (21.5%), Saturated Fat: 6.66g (41.62%), Carbohydrates: 57.12g (19.04%), Net Carbohydrates: 55.87g (20.32%), Sugar: 33.4g (37.12%), Cholesterol: 174.21mg (58.07%), Sodium: 438.83mg (19.08%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 12.34g (24.67%), Vitamin B2: 0.77mg (45.51%), Manganese: 0.82mg (41%), Selenium: 27.82µg (39.74%), Vitamin B1: 0.38mg (25.32%), Phosphorus: 199.48mg (19.95%), Folate: 77.17µg (19.29%), Calcium: 163.02mg (16.3%), Iron: 2.7mg (15.01%), Vitamin B3: 2.35mg (11.75%), Vitamin B5: 1.01mg (10.06%), Zinc: 1.47mg (9.79%), Vitamin A: 474.45IU (9.49%), Magnesium: 33.77mg (8.44%), Vitamin B12: 0.49µg (8.23%), Vitamin B6: 0.16mg (8.12%), Potassium: 277.93mg (7.94%), Copper: 0.13mg (6.29%), Vitamin D: 0.8µg (5.33%), Fiber: 1.25g (5.01%), Vitamin E: 0.72mg (4.78%), Vitamin K: 1.51µg (1.44%)