



Baked French Toast with Strawberry-Rhubarb Sauce

READY IN



505 min.

SERVINGS



18

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 cups milk
- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 teaspoon salt
- ☐ 6 eggs
- ☐ 18 slices bread french ()
- ☐ 2 cups strawberries whole

- ☐ 1.3 lb rhubarb
- ☐ 0.3 cup water
- ☐ 1 box strawberry gelatin (4-serving size)

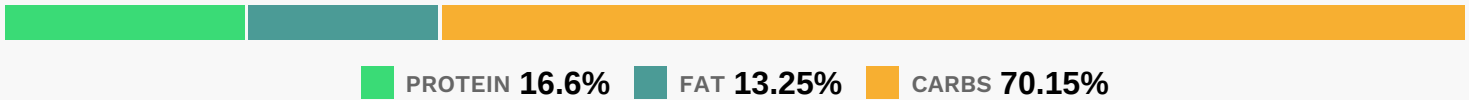
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Generously grease 15x10x1-inch pan with shortening or cooking spray. In medium bowl, beat flour, milk, sugar, vanilla, salt and eggs with wire whisk until smooth.
- ☐ Arrange bread slices to fit in single layer in pan.
- ☐ Pour egg mixture over bread slices; turn to coat both sides. Cover and refrigerate at least 8 hours but no longer than 24 hours.
- ☐ Heat oven to 450°F. Uncover; bake 10 to 13 minutes or until golden brown.
- ☐ Meanwhile, in 2-quart saucepan, heat strawberries, rhubarb and water to boiling. Boil 5 minutes, stirring occasionally; remove from heat. Stir in gelatin until dissolved. Boil 2 minutes longer, stirring constantly.
- ☐ Serve warm sauce with French toast.

Nutrition Facts



Properties

Glycemic Index:17.59, Glycemic Load:28.83, Inflammation Score:-5, Nutrition Score:12.570000150929%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 252.95kcal (12.65%), Fat: 3.75g (5.76%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 44.63g (14.88%), Net Carbohydrates: 42.2g (15.35%), Sugar: 9.89g (10.99%), Cholesterol: 57mg (19%), Sodium: 469.95mg (20.43%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 10.56g (21.13%), Selenium: 25.12µg (35.89%), Vitamin B1: 0.51mg (33.97%), Manganese: 0.49mg (24.62%), Folate: 98.3µg (24.58%), Vitamin B2: 0.4mg (23.61%), Vitamin B3: 3.49mg (17.43%), Iron: 3.07mg (17.04%), Vitamin C: 12.1mg (14.66%), Phosphorus: 135.74mg (13.57%), Vitamin K: 10.76µg (10.25%), Calcium: 98.79mg (9.88%), Fiber: 2.43g (9.71%), Magnesium: 31.71mg (7.93%), Potassium: 251.1mg (7.17%), Zinc: 1.02mg (6.8%), Copper: 0.13mg (6.71%), Vitamin B6: 0.12mg (6.15%), Vitamin B5: 0.58mg (5.79%), Vitamin B12: 0.24µg (4.01%), Vitamin D: 0.52µg (3.45%), Vitamin A: 148.33IU (2.97%), Vitamin E: 0.44mg (2.92%)