



## Berry French Toast Bake

 Vegetarian

READY IN



105 min.

SERVINGS



10

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 0.5 cup flour all-purpose
- 1.5 cups milk
- 0.3 cup sugar
- 2 teaspoons vanilla
- 6 eggs
- 1 lb bread french soft cut into 1-inch cubes (8 cups)
- 1.5 cups poached berries frozen organic cascadian farm® (from two 10-oz bags)
- 0.5 cup sugar

- 1.5 teaspoons cornstarch
- 2 tablespoons orange juice
- 1 cup poached berries frozen organic cascadian farm®
- 1.5 cups strawberries fresh cut in half
- 0.3 teaspoon salt

## Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- baking pan
- glass baking pan

## Directions

- Grease bottom and sides of 13x9-inch (3-quart) glass baking dish with butter. In large bowl, beat flour, milk, 1/4 cup sugar, the vanilla, salt and eggs with wire whisk until smooth. Stir in bread and 1 1/2 cups berries. Spoon into baking dish. Cover tightly and refrigerate at least 1 hour but no longer than 24 hours.
- Heat oven to 400°F. Uncover bread mixture.
- Bake 25 to 35 minutes or until golden brown and knife inserted in center comes out clean.
- Meanwhile, in 1 1/2-quart saucepan, stir together 1/2 cup sugar and the cornstarch. Stir in orange juice until smooth. Stir in 1 cup berries; heat to boiling over medium heat, stirring constantly. Cook about 4 minutes, stirring constantly, until slightly thickened; remove from heat. Just before serving, stir in strawberry halves.
- Serve warm over French toast bake.

## Nutrition Facts



## Properties

Glycemic Index:42.57, Glycemic Load:33.39, Inflammation Score:-5, Nutrition Score:12.435217297595%

## Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Petunidin: 7.06mg, Petunidin: 7.06mg, Petunidin: 7.06mg, Petunidin: 7.06mg Delphinidin: 8.43mg, Delphinidin: 8.43mg, Delphinidin: 8.43mg, Delphinidin: 8.43mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 5.38mg, Pelargonidin: 5.38mg, Pelargonidin: 5.38mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 295.24kcal (14.76%), Fat: 5.21g (8.01%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 52.27g (17.42%), Net Carbohydrates: 49.61g (18.04%), Sugar: 23.66g (26.29%), Cholesterol: 102.6mg (34.2%), Sodium: 383.61mg (16.68%), Alcohol: 0.28g (100%), Alcohol %: 0.18% (100%), Protein: 10.4g (20.81%), Selenium: 24.12µg (34.46%), Vitamin B1: 0.42mg (28.19%), Vitamin B2: 0.42mg (24.67%), Folate: 88.55µg (22.14%), Manganese: 0.43mg (21.64%), Vitamin C: 15.37mg (18.63%), Phosphorus: 153.73mg (15.37%), Iron: 2.7mg (15.01%), Vitamin B3: 2.92mg (14.58%), Fiber: 2.65g (10.62%), Calcium: 91.54mg (9.15%), Vitamin B5: 0.8mg (8.02%), Vitamin B6: 0.15mg (7.65%), Vitamin B12: 0.43µg (7.21%), Magnesium: 28.68mg (7.17%), Zinc: 1.07mg (7.12%), Vitamin K: 7.36µg (7.01%), Vitamin D: 0.93µg (6.2%), Copper: 0.12mg (6.19%), Potassium: 213.37mg (6.1%), Vitamin A: 229.07IU (4.58%), Vitamin E: 0.64mg (4.3%)