



Berry Good" French Toast Bake

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



439 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.5 cup flour all-purpose
- 1.5 cups milk
- 1 tablespoon sugar
- 0.5 teaspoon vanilla
- 0.3 teaspoon salt
- 6 eggs
- 10 slices bread french cut into 1-inch cubes
- 3 ounces cream cheese cut into 1/2-inch cubes

- 1 cup blueberries fresh thawed ()
- 0.5 cup nuts chopped
- 1 serving powdered sugar
- 1 serving maple syrup

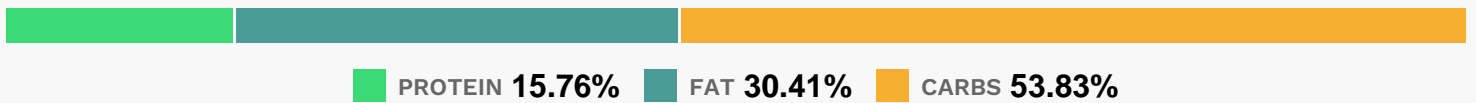
Equipment

- bowl
- oven
- baking pan

Directions

- Generously grease 2 1/2-quart casserole or rectangular baking dish, 13x9x2 inches. Beat flour, milk, sugar, vanilla, salt and eggs in large bowl with hand beater until smooth. Stir in bread cubes until coated.
- Pour bread mixture into casserole. Top evenly with cream cheese, blueberries and nuts. Cover and refrigerate at least 1 hour but no longer than 24 hours.
- Heat oven to 400°F. Uncover and bake 20 to 25 minutes or until golden brown.
- Sprinkle with powdered sugar.
- Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:49.59, Glycemic Load:40.28, Inflammation Score:-6, Nutrition Score:18.447826043419%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg

Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 439.03kcal (21.95%), Fat: 14.97g (23.03%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 59.61g (19.87%), Net Carbohydrates: 56.39g (20.51%), Sugar: 12.29g (13.65%), Cholesterol: 138.99mg (46.33%), Sodium: 653.6mg (28.42%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 17.45g (34.91%), Selenium: 37.48µg (53.54%), Vitamin B1: 0.7mg (46.47%), Vitamin B2: 0.68mg (39.8%), Manganese: 0.78mg (38.98%), Folate: 134.77µg (33.69%), Phosphorus: 256.75mg (25.67%), Iron: 4.47mg (24.83%), Vitamin B3: 4.9mg (24.52%), Magnesium: 59.64mg (14.91%), Copper: 0.28mg (14.25%), Calcium: 138.07mg (13.81%), Zinc: 1.94mg (12.95%), Fiber: 3.22g (12.9%), Vitamin B5: 1.17mg (11.7%), Vitamin B6: 0.22mg (10.77%), Vitamin B12: 0.56µg (9.4%), Potassium: 304.19mg (8.69%), Vitamin A: 406.43IU (8.13%), Vitamin D: 1.16µg (7.75%), Vitamin E: 0.74mg (4.93%), Vitamin K: 4.61µg (4.39%), Vitamin C: 1.83mg (2.22%)