



## Best Oven Baked French Toast

 Vegetarian

READY IN



520 min.

SERVINGS



15

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 cup brown sugar
- 0.5 cup butter melted
- 6 eggs
- 1 tablespoon ground cinnamon
- 0.5 cup milk
- 1 pinch salt
- 12 slices sandwich bread

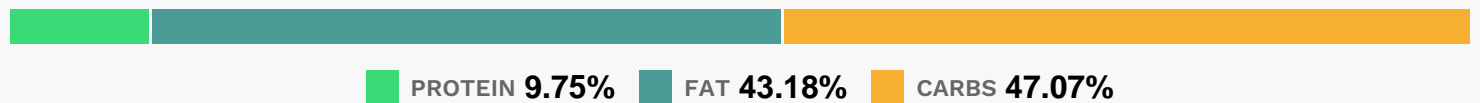
### Equipment

- bowl
- oven
- baking pan

## Directions

- Coat a 9x13-inch baking dish with melted butter.
- Spread any remaining melted butter over bottom of dish.
- Sprinkle brown sugar and cinnamon evenly over melted butter.
- Arrange bread in two layers over brown sugar mixture.
- Beat eggs, milk, and salt in a bowl; pour over bread.
- Cover and refrigerate overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Bake in the preheated oven until golden brown, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.19, Glycemic Load:7.17, Inflammation Score:-2, Nutrition Score:4.8626087238283%

## Nutrients (% of daily need)

Calories: 181.42kcal (9.07%), Fat: 8.8g (13.53%), Saturated Fat: 4.76g (29.73%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 20.83g (7.57%), Sugar: 12.21g (13.57%), Cholesterol: 82.72mg (27.57%), Sodium: 177.85mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Selenium: 10.42µg (14.89%), Manganese: 0.22mg (11.19%), Vitamin B2: 0.14mg (8.38%), Calcium: 78.35mg (7.84%), Folate: 30.84µg (7.71%), Vitamin B1: 0.11mg (7.57%), Phosphorus: 68.26mg (6.83%), Iron: 1.1mg (6.13%), Vitamin A: 299.08IU (5.98%), Vitamin B3: 1mg (4.98%), Vitamin B5: 0.43mg (4.32%), Vitamin B12: 0.21µg (3.56%), Zinc: 0.46mg (3.04%), Fiber: 0.74g (2.97%), Vitamin D: 0.44µg (2.94%), Vitamin B6: 0.06mg (2.94%), Vitamin E: 0.42mg (2.81%), Magnesium: 9.95mg (2.49%), Potassium: 78.63mg (2.25%), Copper: 0.04mg (2.23%)