



## Blueberry Baked French Toast with Amaretti Crumble and Blueberry Maple Syrup

♥♥ Popular

READY IN



60 min.

SERVINGS



8

CALORIES



559 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.5 cup almond slivers
- ☐ 0.3 cup amaretti cookies crumbled
- ☐ 2 cups blueberries
- ☐ 1 pound bread sliced
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 0.3 teaspoon cinnamon

- ☐ 8 eggs
- ☐ 0.3 cup flour
- ☐ 1 cup maple syrup
- ☐ 2 cups milk
- ☐ 1 teaspoon vanilla extract

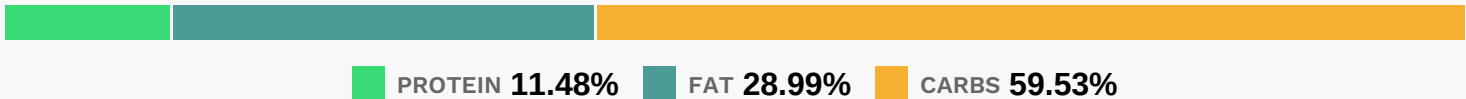
## Equipment

- ☐ oven
- ☐ baking pan

## Directions

- ☐ Arrange the bread in a single layer in a buttered 13x9 inch baking dish.
- ☐ Mix the eggs, milk, brown sugar, vanilla and cinnamon, pour it over the bread, sprinkle on the blueberries, cover and place in the fridge overnight.
- ☐ Mix the flour, cookie crumbs, sugar, cinnamon, butter and almond slivers until they form crumbs and sprinkle over the bread.
- ☐ Bake in a preheated 350F until the top is lightly golden brown and the french toast has set, about 40–50 minutes.

## Nutrition Facts



## Properties

Glycemic Index:39.15, Glycemic Load:29.46, Inflammation Score:-6, Nutrition Score:21.905217502428%

## Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 559.05kcal (27.95%), Fat: 18.19g (27.99%), Saturated Fat: 6.85g (42.82%), Carbohydrates: 84.04g (28.01%), Net Carbohydrates: 79.77g (29.01%), Sugar: 50.73g (56.36%), Cholesterol: 186.25mg (62.08%), Sodium: 418.44mg (18.19%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 16.21g (32.42%), Manganese: 1.94mg (97.12%), Vitamin B2: 1.05mg (61.98%), Selenium: 32.87µg (46.96%), Phosphorus: 265.32mg (26.53%), Calcium: 249.18mg (24.92%), Vitamin B1: 0.37mg (24.66%), Folate: 81.57µg (20.39%), Vitamin B3: 3.95mg (19.75%), Iron: 3.54mg (19.69%), Vitamin E: 2.71mg (18.05%), Fiber: 4.28g (17.1%), Magnesium: 67.08mg (16.77%), Vitamin B5: 1.49mg (14.88%), Zinc: 2mg (13.32%), Vitamin B12: 0.73µg (12.22%), Potassium: 425.87mg (12.17%), Copper: 0.22mg (10.97%), Vitamin A: 535.06IU (10.7%), Vitamin B6: 0.21mg (10.56%), Vitamin D: 1.55µg (10.34%), Vitamin K: 10.76µg (10.25%), Vitamin C: 3.7mg (4.49%)