



Blueberry Maple Breakfast Bake



Vegetarian



Popular

READY IN



75 min.

SERVINGS



9

CALORIES



493 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 loaf rustic bread white cut into 1-inch cubes (10 cups)
- ☐ 4 oz cream cheese cut into small cubes (1 cup)
- ☐ 2 cups blueberries fresh frozen divided (if using berries, defrost and drain them first)
- ☐ 8 eggs beaten
- ☐ 1.5 cups milk
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup maple syrup plus more for serving

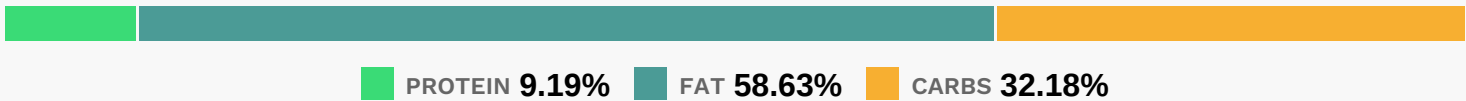
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven, prep baking dish: Preheat oven to 350°F. Grease an 8 or 9-inch square baking dish.
- ☐ Place half of the bread cubes in the dish.
- ☐ Sprinkle cream cheese cubes and half of the blueberries over the bread. Top with remaining bread cubes and blueberries.
- ☐ Combine eggs, milk, maple syrup, and melted butter in a large bowl and pour over bread mixture.
- ☐ To make ahead, cover and chill overnight, and proceed the next morning to bake.
- ☐ Bake at 350°F until a knife inserted in the center comes out clean, about 1 hour to 1 hr 20 min. Cover with aluminum foil if you notice the edges browning too much during baking.
- ☐ Let stand for 10 minutes before serving.
- ☐ Cut into squares to serve.
- ☐ Serve with additional maple syrup.

Nutrition Facts



Properties

Glycemic Index:21.28, Glycemic Load:4.7, Inflammation Score:-5, Nutrition Score:9.8852174593055%

Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Petunidin: 10.37mg, Petunidin: 10.37mg, Petunidin: 10.37mg, Petunidin: 10.37mg Delphinidin: 11.65mg, Delphinidin: 11.65mg, Delphinidin: 11.65mg, Delphinidin: 11.65mg Malvidin: 22.23mg, Malvidin: 22.23mg, Malvidin: 22.23mg, Malvidin: 22.23mg Peonidin: 6.67mg, Peonidin: 6.67mg, Peonidin: 6.67mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin:

1.74mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg
Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Luteolin: 0.07mg, Luteolin:
0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg,
Kaempferol: 0.55mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin:
2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg,
Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 493.4kcal (24.67%), Fat: 32.35g (49.76%), Saturated Fat: 17.44g (109%), Carbohydrates: 39.95g (13.32%),
Net Carbohydrates: 37.4g (13.6%), Sugar: 26.77g (29.74%), Cholesterol: 176.66mg (58.89%), Sodium: 338.97mg
(14.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.82%), Vitamin B2: 0.44mg (25.79%),
Selenium: 13.96µg (19.94%), Manganese: 0.33mg (16.51%), Phosphorus: 156.08mg (15.61%), Folate: 53.39µg
(13.35%), Vitamin B3: 2.5mg (12.48%), Vitamin A: 621.63IU (12.43%), Iron: 1.86mg (10.32%), Fiber: 2.55g (10.2%),
Vitamin B12: 0.61µg (10.1%), Calcium: 97.38mg (9.74%), Vitamin B5: 0.87mg (8.71%), Vitamin B1: 0.13mg (8.68%),
Potassium: 287.79mg (8.22%), Vitamin D: 1.23µg (8.2%), Vitamin K: 7.29µg (6.95%), Zinc: 0.96mg (6.37%), Vitamin
E: 0.87mg (5.82%), Magnesium: 23.24mg (5.81%), Vitamin B6: 0.12mg (5.78%), Vitamin C: 3.19mg (3.87%), Copper:
0.05mg (2.48%)