



## Blueberry-Orange French Toast

 Dairy Free

READY IN



540 min.

SERVINGS



16

CALORIES



290 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.3 cup sugar
- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup orange juice
- ☐ 2 cups blueberries fresh frozen organic cascadian farm®
- ☐ 16 slices bread french
- ☐ 0.5 cup orange marmalade
- ☐ 6 eggs
- ☐ 0.3 cup sugar

- ☐ 0.3 teaspoon nutmeg
- ☐ 2 teaspoons vanilla
- ☐ 0.3 cup butter melted
- ☐ 1.5 cups frangelico

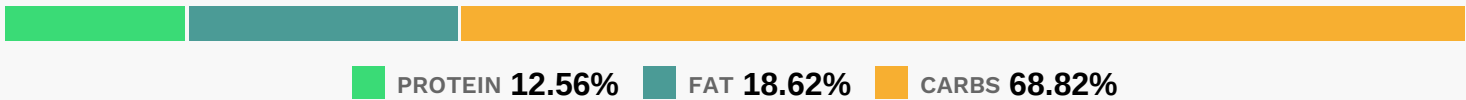
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ In 1-quart saucepan, mix 1/3 cup sugar, the cornstarch and orange juice until smooth; stir in blueberries.
- ☐ Heat to boiling over medium heat, stirring often. Boil 3 minutes, stirring often.
- ☐ Spray jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray.
- ☐ Cut lengthwise slit in side of each bread slice, cutting to but not through other edge.
- ☐ Spread marmalade inside slit.
- ☐ Place in pan. In large bowl, beat eggs, half-and-half, 1/4 cup sugar, the nutmeg and vanilla until well blended.
- ☐ Pour over bread; turn slices carefully to coat. Cover and refrigerate 8 hours or overnight.
- ☐ Heat oven to 425°F. Uncover French toast.
- ☐ Drizzle with melted margarine.
- ☐ Bake 20 to 25 minutes or until golden brown.
- ☐ Serve with Blueberry-Orange Syrup.

## Nutrition Facts



## Properties

Glycemic Index:23.92, Glycemic Load:31.8, Inflammation Score:-5, Nutrition Score:10.399130448051%

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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 290.22kcal (14.51%), Fat: 6.08g (9.35%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 48.6g (17.67%), Sugar: 18.54g (20.59%), Cholesterol: 61.38mg (20.46%), Sodium: 448.11mg (19.48%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 9.22g (18.44%), Selenium: 23.5µg (33.57%), Vitamin B1: 0.47mg (31.49%), Folate: 89.71µg (22.43%), Vitamin B2: 0.36mg (21.36%), Manganese: 0.41mg (20.35%), Vitamin B3: 3.2mg (15.99%), Iron: 2.87mg (15.95%), Phosphorus: 104.08mg (10.41%), Fiber: 1.94g (7.75%), Copper: 0.13mg (6.58%), Magnesium: 24.42mg (6.11%), Zinc: 0.92mg (6.11%), Vitamin B6: 0.11mg (5.5%), Vitamin C: 4.22mg (5.12%), Vitamin B5: 0.5mg (5.02%), Calcium: 49.11mg (4.91%), Vitamin A: 239.94IU (4.8%), Vitamin K: 4.07µg (3.88%), Potassium: 125.83mg (3.6%), Vitamin E: 0.53mg (3.54%), Vitamin B12: 0.15µg (2.51%), Vitamin D: 0.33µg (2.2%)