



Boozy Caramel French Toast Casserole

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



670 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.5 cup butter unsalted plus more for greasing the pan
- 0.8 cup brown sugar light packed
- 2 tablespoons plus light
- 1 lbs day-old brioche (you'll likely need two loaves but you won't use it all)
- 5 large eggs
- 1 teaspoon vanilla extract
- 3 tablespoons grand marnier
- 1 teaspoon orange zest

- 0.3 teaspoon salt
- 1.5 cups frangelico

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- baking pan

Directions

- Grease a 9 x 13-inch baking dish with butter.
- In a small saucepan over medium heat, melt the butter with the brown sugar, corn syrup, and one tablespoon of water, stirring with a whisk until smooth.
- Pour into the prepared pan.
- Slice off the crusts from the brioche (it doesn't need to be perfect).
- Cut the bread into 1½-in thick slices. Arrange the bread slices on top of caramel, making sure the entire base of the pan is covered.
- In a medium bowl, whisk together eggs, half-and-half, vanilla, Grand Marnier, orange zest and salt until well combined.
- Pour evenly over bread. Cover with plastic wrap and chill at least 20 minutes or overnight.
- Preheat the oven to 350°F and set an oven rack in the middle position.
- Bake, uncovered, in the middle of the oven until puffed and golden, 40–50 minutes.
- Let cool a few minutes (it will deflate), then serve immediately. The caramel base hardens up as it cools, so it's important to serve hot.

Nutrition Facts



■ PROTEIN 8.45% ■ FAT 49.5% ■ CARBS 42.05%

Properties

Glycemic Index:3.17, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:6.0456521362066%

Nutrients (% of daily need)

Calories: 670.13kcal (33.51%), Fat: 36.66g (56.39%), Saturated Fat: 20.78g (129.89%), Carbohydrates: 70.05g (23.35%), Net Carbohydrates: 70.02g (25.46%), Sugar: 34.97g (38.86%), Cholesterol: 324.94mg (108.31%), Sodium: 516.55mg (22.46%), Alcohol: 2.18g (100%), Alcohol %: 1.54% (100%), Protein: 14.07g (28.15%), Vitamin A: 1347.01IU (26.94%), Selenium: 13.39µg (19.13%), Vitamin B2: 0.2mg (11.69%), Calcium: 95.56mg (9.56%), Iron: 1.69mg (9.41%), Phosphorus: 88.7mg (8.87%), Vitamin D: 1.12µg (7.45%), Vitamin B5: 0.7mg (6.98%), Vitamin B12: 0.4µg (6.72%), Vitamin E: 0.88mg (5.85%), Folate: 20.53µg (5.13%), Vitamin B6: 0.08mg (4.17%), Zinc: 0.6mg (3.99%), Potassium: 102.65mg (2.93%), Copper: 0.05mg (2.49%), Magnesium: 8.31mg (2.08%), Manganese: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.51%), Vitamin K: 1.45µg (1.38%)