



Brown Sugar French Toast



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



852 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2 tablespoons plus
- ☐ 5 eggs
- ☐ 1 loaf bread french cut into 1-inch slices
- ☐ 1.5 cups milk
- ☐ 1 teaspoon vanilla extract

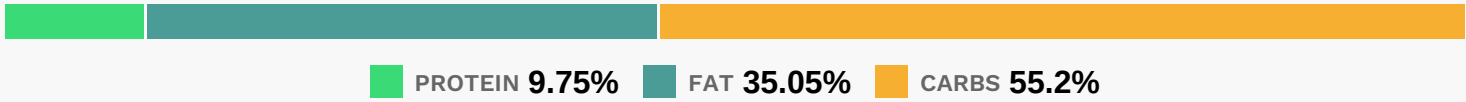
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Place first 3 ingredients in medium-size saucepan and heat over medium heat.
- ☐ Spray 13"x9" baking dish with non-stick vegetable oil.
- ☐ Pour hot mixture into baking dish.
- ☐ Place sliced bread over mixture and push bread slices closely together.
- ☐ Beat eggs; add milk and vanilla and mix slightly.
- ☐ Pour egg mixture over bread, covering each slice well.
- ☐ Cover the baking dish with plastic wrap and refrigerate overnight. The next morning, uncover and bake at 350 degrees for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:46.88, Glycemic Load:43.25, Inflammation Score:-7, Nutrition Score:21.944347982821%

Nutrients (% of daily need)

Calories: 852.01kcal (42.6%), Fat: 33.61g (51.71%), Saturated Fat: 18.54g (115.86%), Carbohydrates: 119.12g (39.71%), Net Carbohydrates: 116.92g (42.51%), Sugar: 71.17g (79.07%), Cholesterol: 276.59mg (92.2%), Sodium: 919.63mg (39.98%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 21.04g (42.08%), Selenium: 48.24µg (68.92%), Vitamin B1: 0.79mg (52.75%), Vitamin B2: 0.82mg (47.95%), Folate: 150.25µg (37.56%), Phosphorus: 315.39mg (31.54%), Iron: 5.27mg (29.28%), Manganese: 0.58mg (29.03%), Vitamin B3: 5.03mg (25.17%), Calcium: 249.35mg (24.93%), Vitamin A: 1154.32IU (23.09%), Vitamin B12: 1.03µg (17.2%), Vitamin B5: 1.62mg (16.23%), Zinc: 2.22mg (14.77%), Vitamin D: 2.11µg (14.04%), Vitamin B6: 0.28mg (14%), Magnesium: 55.33mg (13.83%), Potassium: 411.7mg (11.76%), Copper: 0.22mg (10.95%), Vitamin E: 1.49mg (9.94%), Fiber: 2.2g (8.8%), Vitamin K: 3.13µg (2.98%)