



Caramel, Apple, and Cinnamon Breakfast Casserole

 Vegetarian

READY IN



670 min.

SERVINGS



10

CALORIES



555 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 cup apple cider
- 1.5 pounds apples sweet such as rome, pink lady, or other apples (3 medium)
- 1 pound bread french cut into 1-inch cubes (12 cups)
- 10 servings butter for coating the baking dish
- 2 cups buttermilk well-shaken
- 10 large eggs
- 1.5 teaspoons ground cinnamon

- 2 cups cup heavy whipping cream
- 1 cup brown sugar light packed
- 1 teaspoon salt fine
- 1 vanilla pod split

Equipment

- bowl
- oven
- whisk
- wire rack
- plastic wrap
- baking pan
- aluminum foil

Directions

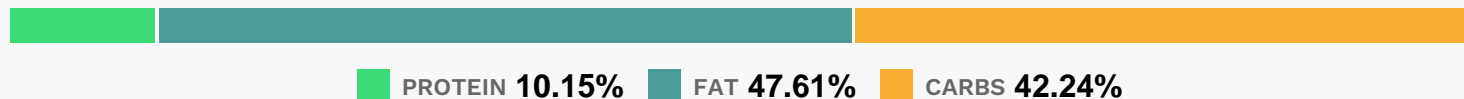
- Place the eggs in a large, nonreactive bowl and whisk to break them up.
- Add the buttermilk, cream, apple juice or cider, sugar, vanilla seeds, cinnamon, and salt and whisk until the mixture is evenly combined.
- Add the bread and stir to combine. Cover the bowl with plastic wrap and refrigerate overnight. When ready to bake the casserole, heat the oven to 350°F and arrange a rack in the middle.
- Place a large piece of aluminum foil on the rack to catch any juices that may overflow while baking. Meanwhile, remove the bread mixture from the refrigerator, stir, and let it sit at room temperature for at least 30 minutes. Generously coat a 13-by-9-inch baking dish with butter and set aside. When the bread mixture is ready, peel, core, and cut the apples into medium dice.
- Add them to the bread mixture and stir to combine.
- Transfer half of the mixture to the prepared baking dish and spread it into an even layer. Drop half of the dulce de leche in tablespoon-sized dollops evenly over the mixture.
- Pour the remaining bread mixture over the dulce de leche, spreading it into an even layer. Drop the remaining dulce de leche in tablespoon-sized dollops evenly over the top. Cover the

dish tightly with aluminum foil, place it on the foil in the oven, and bake until the custard around the outer inch is set, about 1 hour.

Remove the foil covering the dish and continue to bake until the surface of the casserole is browned in some spots and the center is just set, about 45 minutes more.

Remove to a wire rack and let cool for at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.74, Glycemic Load:15.86, Inflammation Score:-7, Nutrition Score:16.016086972278%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 6.23mg, Epicatechin: 6.23mg, Epicatechin: 6.23mg, Epicatechin: 6.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 554.99kcal (27.75%), Fat: 29.86g (45.94%), Saturated Fat: 16.34g (102.1%), Carbohydrates: 59.61g (19.87%), Net Carbohydrates: 55.95g (20.35%), Sugar: 37.21g (41.35%), Cholesterol: 255.82mg (85.27%), Sodium: 621.31mg (27.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.65%), Selenium: 31.97µg (45.66%), Manganese: 0.67mg (33.27%), Vitamin B2: 0.54mg (31.67%), Vitamin A: 1212.64IU (24.25%), Phosphorus: 237.33mg (23.73%), Calcium: 199.9mg (19.99%), Folate: 68.79µg (17.2%), Vitamin B1: 0.26mg (17.02%), Iron: 2.86mg (15.91%), Vitamin D: 2.39µg (15.9%), Vitamin B5: 1.53mg (15.31%), Fiber: 3.65g (14.62%), Vitamin B3: 2.76mg (13.78%), Vitamin B12: 0.75µg (12.51%), Potassium: 371.42mg (10.61%), Vitamin B6: 0.21mg (10.55%), Magnesium: 39.58mg (9.89%), Zinc: 1.46mg (9.75%), Vitamin E: 1.33mg (8.87%), Copper: 0.15mg (7.66%), Vitamin K: 5.98µg (5.7%), Vitamin C: 3.73mg (4.52%)