



## Cinnamon Baked French Toast

 Vegetarian

READY IN



780 min.

SERVINGS



12

CALORIES



439 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup blueberries fresh for serving
- 0.5 cup brown sugar
- 0.5 cup firmly brown sugar packed
- 1 stick butter cold plus more for serving cut into pieces,
- 12 servings butter for greasing
- 1 loaf crusty sourdough french
- 0.5 cup flour all-purpose
- 0.5 cup granulated sugar

- 1 teaspoon ground cinnamon
- 12 servings nutmeg freshly grated
- 0.3 teaspoon salt
- 2 tablespoons vanilla extract
- 0.5 cup whipping cream (heavy)
- 8 eggs whole
- 2 cups milk whole

## Equipment

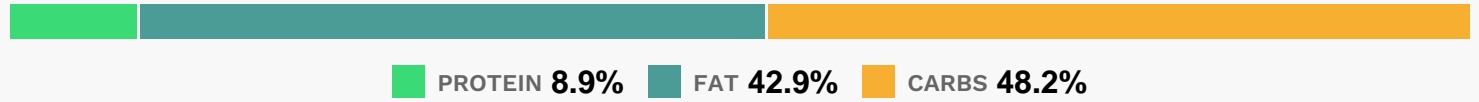
- bowl
- frying pan
- oven
- whisk
- baking pan
- ziploc bags
- pastry cutter

## Directions

- Watch how to make this recipe.
- Special equipment: 9-by-13-inch baking pan
- For the French toast: Grease the baking pan with butter. Tear the bread into chunks, or cut into cubes, and evenly distribute in the pan. Crack the eggs in a big bowl.
- Whisk together the eggs, milk, cream, granulated sugar, brown sugar and vanilla.
- Pour evenly over the bread. Cover the pan tightly and store in the fridge until needed (overnight preferably).
- Mix the flour, brown sugar, cinnamon, salt and some nutmeg in a separate bowl. Stir together using a fork.
- Add the butter and with a pastry cutter, and mix it all together until the mixture resembles fine pebbles. Store in a re-sealable plastic bag in the fridge.
- When you're ready to bake the casserole, preheat the oven to 350 degrees F.

- Remove the casserole from the fridge and sprinkle the topping over the top.
- Bake for 45 minutes for a softer, more bread pudding texture or for 1 hour or more for a firmer, crisper texture.
- Scoop out individual portions. Top with butter and drizzle with warm pancake syrup and sprinkle with blueberries.

## Nutrition Facts



### Properties

Glycemic Index:39.88, Glycemic Load:23.75, Inflammation Score:-6, Nutrition Score:10.959565312966%

### Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

### Nutrients (% of daily need)

Calories: 438.99kcal (21.95%), Fat: 21.02g (32.33%), Saturated Fat: 12.07g (75.46%), Carbohydrates: 53.14g (17.71%), Net Carbohydrates: 51.47g (18.72%), Sugar: 32.09g (35.66%), Cholesterol: 156.2mg (52.07%), Sodium: 407.57mg (17.72%), Alcohol: 0.75g (100%), Alcohol %: 0.54% (100%), Protein: 9.81g (19.62%), Selenium: 21.84µg (31.2%), Vitamin B2: 0.39mg (23.04%), Vitamin B1: 0.33mg (21.77%), Manganese: 0.37mg (18.29%), Folate: 67.6µg (16.9%), Phosphorus: 155.7mg (15.57%), Vitamin A: 739.52IU (14.79%), Iron: 2.32mg (12.88%), Calcium: 116.22mg (11.62%), Vitamin B3: 2.1mg (10.5%), Vitamin B12: 0.52µg (8.68%), Vitamin B5: 0.82mg (8.18%), Vitamin D: 1.19µg (7.95%), Zinc: 1.04mg (6.93%), Magnesium: 27.61mg (6.9%), Vitamin B6: 0.13mg (6.72%), Fiber: 1.67g (6.7%), Vitamin E: 0.9mg (6.01%), Copper: 0.12mg (5.99%), Potassium: 203.92mg (5.83%), Vitamin K: 4.22µg (4.02%), Vitamin C: 1.32mg (1.6%)