



Cinnamon Raisin Baked French Toast

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup brown sugar packed
- 16 servings butter softened for serving
- 1.5 loaf raisin bread
- 0.5 cup flour
- 1 teaspoon ground cinnamon
- 0.5 cup cup heavy whipping cream
- 16 servings maple syrup for serving
- 0.5 cup raisins

- 0.3 teaspoon salt
- 1 cup sugar
- 2 Tablespoons vanilla extract
- 8 eggs whole
- 2 cups milk whole

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- aluminum foil
- pastry cutter

Directions

- Unwrap the loaves of bread, then overlap the slices in rows in a well-buttered baking dish.
- Whisk together the eggs, milk, cream, sugar, vanilla, and cinnamon, then pour the mixture evenly over all the pieces of bread, soaking the bread as much as possible. To make the topping, combine the butter, flour, brown sugar, cinnamon, and salt in a bowl and cut it all together with a pastry cutter. Stir in the raisins.
- Sprinkle the topping all over the casserole. Cover the pan with foil and refrigerate it for several hours or overnight. When you're ready to bake the French toast, preheat the oven to 350°F.
- Bake the French toast for 45 minutes to 1 hour for a softer texture, or longer for a firmer, crisper texture. Cover with foil for the first 30 minute of baking, then remove it for the remaining baking time.
- Serve individual helpings with butter and warm syrup.

Nutrition Facts



Properties

Glycemic Index:25.27, Glycemic Load:18.29, Inflammation Score:-3, Nutrition Score:6.4991304356119%

Nutrients (% of daily need)

Calories: 272.02kcal (13.6%), Fat: 9.92g (15.26%), Saturated Fat: 5.55g (34.7%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 40.88g (14.86%), Sugar: 33.12g (36.8%), Cholesterol: 104.65mg (34.88%), Sodium: 119mg (5.17%), Alcohol: 0.56g (100%), Alcohol %: 0.62% (100%), Protein: 4.57g (9.13%), Manganese: 0.54mg (26.86%), Vitamin B2: 0.44mg (26.13%), Selenium: 9.14µg (13.05%), Phosphorus: 88.05mg (8.81%), Calcium: 86.95mg (8.69%), Vitamin A: 402.86IU (8.06%), Vitamin B12: 0.38µg (6.35%), Vitamin D: 0.89µg (5.96%), Potassium: 183.5mg (5.24%), Vitamin B1: 0.08mg (5.14%), Vitamin B5: 0.51mg (5.05%), Folate: 18.25µg (4.56%), Iron: 0.78mg (4.36%), Zinc: 0.61mg (4.1%), Vitamin B6: 0.07mg (3.62%), Magnesium: 14.25mg (3.56%), Vitamin E: 0.44mg (2.91%), Copper: 0.04mg (2.11%), Fiber: 0.48g (1.94%), Vitamin B3: 0.37mg (1.86%)