



Cranberry-Apple French Toast Casserole

READY IN



45 min.

SERVINGS



12

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1.3 cups apple juice
- ☐ 0.3 cup brown sugar divided packed
- ☐ 2 tablespoons butter
- ☐ 1 Dash ground cloves
- ☐ 1 pound dinner rolls quartered
- ☐ 6 large eggs lightly beaten
- ☐ 2 cups apples i use 2 granny smith apples diced (2 apples)
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1.3 cups milk 1% low-fat
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.8 cup roasted cranberry sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 25
- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add apple, cinnamon, and cloves to pan; cook 10 minutes or until lightly browned, stirring frequently. Stir in 2 tablespoons brown sugar; cook 2 minutes or until sugar melts.
- ☐ Remove from heat.
- ☐ Place quartered rolls on a jelly-roll pan; bake at 250 for 15 minutes. Arrange rolls in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle cranberries evenly over rolls; top with apple mixture.
- ☐ Combine apple juice and the next 5 ingredients (through eggs) in a large bowl, stirring with a whisk.
- ☐ Pour egg mixture over roll mixture; sprinkle with remaining 2 tablespoons sugar. Cover and refrigerate overnight.
- ☐ Preheat oven to 35
- ☐ Uncover dish, and sprinkle with almonds.
- ☐ Bake at 350 for 55 minutes or until golden.

Nutrition Facts

 **PROTEIN 11.84%**  **FAT 26.97%**  **CARBS 61.19%**

Properties

Glycemic Index:17.31, Glycemic Load:1.96, Inflammation Score:-3, Nutrition Score:9.5408695573392%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 261.44kcal (13.07%), Fat: 8.02g (12.34%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 40.92g (13.64%), Net Carbohydrates: 38.17g (13.88%), Sugar: 20.36g (22.62%), Cholesterol: 99.25mg (33.08%), Sodium: 262.08mg (11.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Selenium: 20.96µg (29.94%), Manganese: 0.55mg (27.5%), Vitamin B2: 0.29mg (17.04%), Vitamin B1: 0.2mg (13.62%), Phosphorus: 129.51mg (12.95%), Calcium: 126.45mg (12.65%), Iron: 2.05mg (11.37%), Fiber: 2.76g (11.02%), Folate: 36.75µg (9.19%), Vitamin B3: 1.75mg (8.73%), Vitamin E: 1.27mg (8.44%), Magnesium: 28.41mg (7.1%), Vitamin B5: 0.66mg (6.64%), Vitamin B12: 0.38µg (6.27%), Zinc: 0.86mg (5.73%), Copper: 0.11mg (5.71%), Potassium: 194.83mg (5.57%), Vitamin B6: 0.11mg (5.44%), Vitamin A: 260.71IU (5.21%), Vitamin D: 0.77µg (5.14%), Vitamin K: 2.5µg (2.38%), Vitamin C: 1.49mg (1.8%)