



Easy French Toast Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.7 cup brown sugar dark packed
- ☐ 2 tablespoons plus dark
- ☐ 0.5 cup egg substitute
- ☐ 2 large eggs
- ☐ 9 inch bread french
- ☐ 1 teaspoons grand marnier orange-flavored (liqueur)
- ☐ 1.5 cups milk 1% low-fat
- ☐ 0.1 teaspoon orange rind grated

- ☐ 2 tablespoons pecans toasted finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 6 tablespoons non-dairy whipped topping fat-free frozen thawed

Equipment

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

Directions

- ☐ Combine first 3 ingredients in a small, heavy saucepan over medium heat. Cook 5 minutes or until bubbly and sugar dissolves, stirring constantly.
- ☐ Pour sugar mixture into bottom of a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Spread mixture evenly over bottom of pan. Set aside; cool completely.
- ☐ Combine milk and next 5 ingredients (through eggs) in a large shallow bowl; stir with a whisk. Dip 1 bread slice in milk mixture; arrange bread slice over sugar mixture in dish. Repeat procedure with remaining 5 bread slices.
- ☐ Pour any remaining egg mixture over bread slices. Cover and refrigerate overnight.
- ☐ Preheat oven to 35
- ☐ Bake at 350 for 30 minutes or until lightly browned.
- ☐ While casserole bakes, combine whipped topping and Grand Marnier.
- ☐ Place 1 bread slice, caramel side up, on each of 6 plates; top each serving with 1 tablespoon topping and 1 teaspoon pecans.

Nutrition Facts



 PROTEIN **11.02%**  FAT **30.57%**  CARBS **58.41%**

Properties

Glycemic Index:38.42, Glycemic Load:6.66, Inflammation Score:-3, Nutrition Score:7.2843478756106%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 250.75kcal (12.54%), Fat: 8.65g (13.31%), Saturated Fat: 3.61g (22.57%), Carbohydrates: 37.18g (12.39%), Net Carbohydrates: 36.76g (13.37%), Sugar: 34.17g (37.97%), Cholesterol: 75.7mg (25.23%), Sodium: 257.89mg (11.21%), Alcohol: 0.45g (100%), Alcohol %: 0.39% (100%), Protein: 7.02g (14.03%), Selenium: 16.52µg (23.6%), Vitamin B2: 0.29mg (16.91%), Calcium: 130.39mg (13.04%), Phosphorus: 127.47mg (12.75%), Vitamin B12: 0.65µg (10.85%), Manganese: 0.2mg (10.13%), Vitamin B5: 0.88mg (8.82%), Vitamin D: 1.3µg (8.68%), Vitamin B1: 0.12mg (8.08%), Vitamin A: 377.18IU (7.54%), Potassium: 220.6mg (6.3%), Iron: 1.13mg (6.26%), Zinc: 0.89mg (5.9%), Vitamin B6: 0.12mg (5.9%), Magnesium: 20.69mg (5.17%), Folate: 18.79µg (4.7%), Vitamin E: 0.67mg (4.48%), Copper: 0.08mg (4%), Vitamin B3: 0.38mg (1.9%), Fiber: 0.43g (1.7%)