



Eggnog French Toast with Cranberry-Apple Compote

READY IN



45 min.

SERVINGS



8

CALORIES



405 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 servings apples
- ☐ 14.5 ounce bread white halved (do not use ends)
- ☐ 4 cups eggnog
- ☐ 4 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon nutmeg
- ☐ 8 servings powdered sugar
- ☐ 0.3 cup butter unsalted melted ()

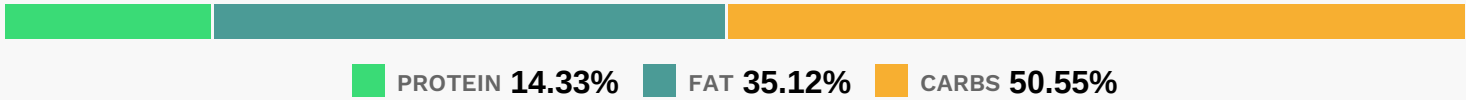
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk first 4 ingredients in large bowl.
- ☐ Place bread slices in single layer in two 13x9x2-inch glass baking dishes.
- ☐ Pour custard over bread, dividing equally. Cover dishes and refrigerate at least 6 hours or overnight.
- ☐ Preheat oven to 450°F. Butter 2 large rimmed baking sheets with some melted butter. Using spatula, transfer bread slices to prepared baking sheets.
- ☐ Brush bread with remaining melted butter.
- ☐ Bake 10 minutes. Turn over bread slices and bake until golden brown and crisp on the outside but soft on the inside, about 6 minutes longer.
- ☐ Place 2 French toast slices on each of 8 plates. Dust generously with powdered sugar; serve with Cranberry-Apple Compote

Nutrition Facts



Properties

Glycemic Index:27.58, Glycemic Load:21.07, Inflammation Score:-5, Nutrition Score:15.427826072859%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg,

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 404.71kcal (20.24%), Fat: 15.98g (24.59%), Saturated Fat: 8.16g (50.98%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 48.01g (17.46%), Sugar: 27.67g (30.74%), Cholesterol: 183.18mg (61.06%), Sodium: 348.75mg (15.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.67g (29.35%), Selenium: 27.94µg (39.91%), Manganese: 0.7mg (34.96%), Vitamin B2: 0.51mg (29.73%), Phosphorus: 263.48mg (26.35%), Calcium: 251.83mg (25.18%), Vitamin B1: 0.28mg (18.42%), Vitamin B3: 3.09mg (15.45%), Fiber: 3.74g (14.96%), Folate: 58.99µg (14.75%), Iron: 2.65mg (14.73%), Vitamin D: 2.13µg (14.2%), Vitamin B5: 1.38mg (13.81%), Vitamin B12: 0.81µg (13.43%), Magnesium: 52.07mg (13.02%), Vitamin A: 609.66IU (12.19%), Potassium: 387.19mg (11.06%), Zinc: 1.48mg (9.89%), Vitamin B6: 0.19mg (9.48%), Copper: 0.13mg (6.63%), Vitamin E: 0.91mg (6.06%), Vitamin C: 4.9mg (5.94%), Vitamin K: 4.92µg (4.69%)