

Family-Style French Toast

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



437 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.7 cup brown sugar packed
- 0.5 cup butter melted
- 8 servings powdered sugar
- 6 eggs lightly beaten
- 1 pound bread french cut into 1-inch slices
- 2 teaspoons ground cinnamon
- 1.8 cups milk

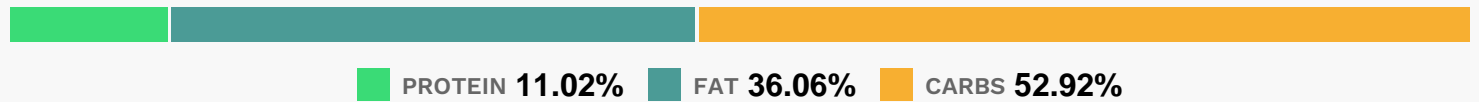
Equipment

- oven
- baking pan

Directions

- Combine brown sugar, butter and cinnamon; spread evenly in a greased 15-in. x 10-in. x 1-in. baking pan; set aside.
- Combine eggs and milk in a shallow dish; place bread in dish and soak for 5 minutes, turning once.
- Place bread over sugar mixture.
- Bake, uncovered, at 350° for 25–30 minutes or until golden brown.
- Serve brown sugar side up; dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:21.69, Glycemic Load:23.64, Inflammation Score:-5, Nutrition Score:12.6904346951%

Nutrients (% of daily need)

Calories: 437.18kcal (21.86%), Fat: 17.73g (27.28%), Saturated Fat: 9.62g (60.12%), Carbohydrates: 58.54g (19.51%), Net Carbohydrates: 57.02g (20.74%), Sugar: 30.94g (34.37%), Cholesterol: 159.67mg (53.22%), Sodium: 505.04mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.19g (24.39%), Selenium: 27.79µg (39.69%), Vitamin B1: 0.45mg (29.76%), Vitamin B2: 0.47mg (27.83%), Folate: 85.89µg (21.47%), Manganese: 0.41mg (20.39%), Phosphorus: 183.24mg (18.32%), Iron: 2.97mg (16.52%), Vitamin B3: 2.85mg (14.23%), Calcium: 137.33mg (13.73%), Vitamin A: 620.69IU (12.41%), Vitamin B12: 0.61µg (10.1%), Vitamin B5: 0.94mg (9.36%), Zinc: 1.26mg (8.42%), Vitamin D: 1.25µg (8.31%), Vitamin B6: 0.16mg (7.9%), Magnesium: 30.74mg (7.69%), Potassium: 222.04mg (6.34%), Copper: 0.12mg (6.07%), Fiber: 1.51g (6.05%), Vitamin E: 0.83mg (5.55%), Vitamin K: 1.81µg (1.72%)