

French Toast Casserole

 Vegetarian

READY IN



125 min.

SERVINGS



8

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 16 ounce raisin bread cut into cubes pepperidge farm®
- 8 servings powdered sugar
- 6 eggs beaten
- 3 cups milk
- 2 teaspoons vanilla extract

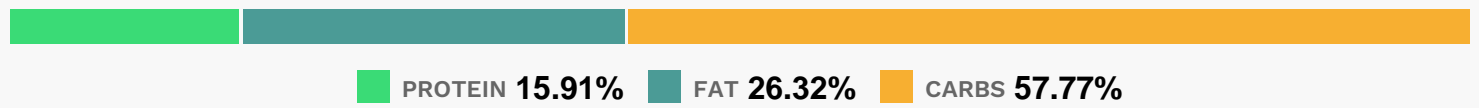
Equipment

- oven
- baking pan

Directions

- Place bread cubes in greased 3-quart shallow baking dish.
- Mix eggs, milk and vanilla.
- Pour over bread. Cover and refrigerate 1 hour or overnight. Uncover.
- Bake at 350 degrees F for 50 minutes or until golden.
- Sprinkle with confectioners' sugar.
- Serve with maple syrup, if desired.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:20.95, Inflammation Score:-4, Nutrition Score:11.770869537864%

Nutrients (% of daily need)

Calories: 291.45kcal (14.57%), Fat: 8.56g (13.17%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 42.27g (14.09%), Net Carbohydrates: 39.84g (14.49%), Sugar: 15.69g (17.44%), Cholesterol: 133.74mg (44.58%), Sodium: 278.63mg (12.11%), Alcohol: 0.34g (100%), Alcohol %: 0.23% (100%), Protein: 11.64g (23.28%), Selenium: 23.26µg (33.22%), Vitamin B2: 0.51mg (29.72%), Phosphorus: 219.62mg (21.96%), Folate: 75.61µg (18.9%), Vitamin B1: 0.26mg (17.12%), Calcium: 168.64mg (16.86%), Manganese: 0.3mg (14.98%), Vitamin B12: 0.79µg (13.13%), Iron: 2.23mg (12.38%), Vitamin D: 1.67µg (11.11%), Vitamin B5: 1.07mg (10.67%), Vitamin B3: 2.09mg (10.45%), Fiber: 2.44g (9.75%), Potassium: 313.14mg (8.95%), Zinc: 1.21mg (8.07%), Vitamin B6: 0.15mg (7.56%), Magnesium: 29.8mg (7.45%), Copper: 0.14mg (6.91%), Vitamin A: 326.43IU (6.53%), Vitamin E: 0.55mg (3.67%), Vitamin K: 1.34µg (1.27%)