



French Toast Casserole

 Vegetarian

READY IN



530 min.

SERVINGS



8

CALORIES



351 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 lb bread french cut into 1-inch slices
- 8 eggs
- 2 cups soymilk whole 2% low-fat ()
- 4 teaspoons brown sugar light packed
- 0.5 teaspoon salt
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1 teaspoon vanilla

- 2 tablespoons butter unsalted cut into small cubes
- 3 tablespoons granulated sugar
- 2 teaspoons ground cinnamon
- 0.5 cup pecans chopped
- 1 serving maple syrup
- 1 cup frangelico

Equipment

- bowl
- oven
- plastic wrap
- baking pan
- aluminum foil
- glass baking pan

Directions

- Butter bottom only of 13x9-inch (3-quart) glass baking dish.
- Place bread slices in 2 rows, overlapping each other on an angle, in baking dish.
- In large bowl, beat eggs, milk, half-and-half, brown sugar, salt, 1/4 teaspoon cinnamon, the nutmeg and vanilla until thoroughly combined. Carefully pour mixture over slices, making sure each slice is completely coated. Cover baking dish with foil or plastic wrap; refrigerate 8 hours or overnight.
- At serving time, heat oven to 350°F. Uncover baking dish; sprinkle butter, granulated sugar, 2 teaspoons cinnamon and the pecans over bread.
- Bake 40 minutes or until golden brown.
- Serve with maple syrup.

Nutrition Facts



PROTEIN 15.98% FAT 37.06% CARBS 46.96%

Properties

Glycemic Index:38.81, Glycemic Load:27.09, Inflammation Score:-6, Nutrition Score:16.992608624956%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 350.69kcal (17.53%), Fat: 14.52g (22.34%), Saturated Fat: 4.04g (25.22%), Carbohydrates: 41.4g (13.8%), Net Carbohydrates: 38.96g (14.17%), Sugar: 12.57g (13.97%), Cholesterol: 171.21mg (57.07%), Sodium: 579.98mg (25.22%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 14.09g (28.17%), Selenium: 31.44µg (44.92%), Manganese: 0.78mg (38.83%), Vitamin B2: 0.6mg (35.53%), Vitamin B1: 0.5mg (33.6%), Folate: 111µg (27.75%), Vitamin B3: 4.8mg (24.02%), Iron: 3.52mg (19.55%), Vitamin B12: 1.03µg (17.25%), Phosphorus: 166.97mg (16.7%), Calcium: 152.66mg (15.27%), Vitamin E: 2.26mg (15.05%), Vitamin B6: 0.29mg (14.46%), Copper: 0.28mg (13.85%), Vitamin A: 562.47IU (11.25%), Vitamin D: 1.64µg (10.94%), Zinc: 1.64mg (10.94%), Fiber: 2.45g (9.8%), Vitamin B5: 0.93mg (9.31%), Magnesium: 32.96mg (8.24%), Potassium: 250.81mg (7.17%), Vitamin C: 4.35mg (5.27%), Vitamin K: 1.19µg (1.13%)