

French Toast Casserole

 Vegetarian

READY IN



530 min.

SERVINGS



8

CALORIES



438 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 lb bread french cut into 1-inch slices
- ☐ 8 eggs
- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 cup half and half
- ☐ 4 teaspoons brown sugar light packed

- ☐ 8 servings maple syrup
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups soymilk whole 2% low-fat ()
- ☐ 2 tablespoons butter unsalted cut into small cubes
- ☐ 1 teaspoon vanilla

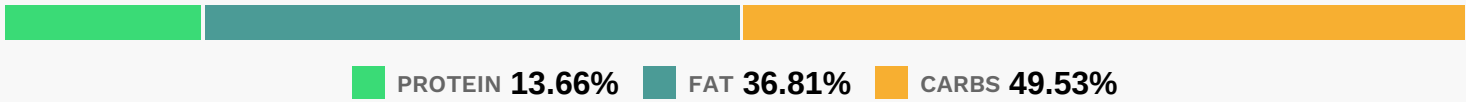
Equipment

- ☐ 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 350F. 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



Properties

Glycemic Index:38.81, Glycemic Load:31.4, Inflammation Score:-6, Nutrition Score:19.588260909785%

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: 437.57kcal (21.88%), Fat: 18g (27.69%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 54.5g (18.17%), Net Carbohydrates: 52.05g (18.93%), Sugar: 24.31g (27.01%), Cholesterol: 181.79mg (60.6%), Sodium: 600mg (26.09%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 15.03g (30.06%), Manganese: 1.18mg (58.97%), Vitamin B2: 0.88mg (52.05%), Selenium: 32.41µg (46.3%), Vitamin B1: 0.52mg (34.97%), Folate: 111.91µg (27.98%), Vitamin B3: 4.85mg (24.26%), Calcium: 204.1mg (20.41%), Iron: 3.55mg (19.74%), Phosphorus: 195.71mg (19.57%), Vitamin B12: 1.09µg (18.2%), Vitamin E: 2.33mg (15.55%), Vitamin B6: 0.3mg (15.22%), Copper: 0.28mg (13.99%), Vitamin A: 669.56IU (13.39%), Zinc: 1.88mg (12.55%), Vitamin D: 1.64µg (10.94%), Vitamin B5: 1.02mg (10.19%), Magnesium: 39.66mg (9.91%), Fiber: 2.45g (9.8%), Potassium: 330.11mg (9.43%), Vitamin C: 4.62mg (5.6%), Vitamin K: 1.58µg (1.51%)