



## French Toast Casserole with Marmalade Syrup

READY IN



70 min.

SERVINGS



8

CALORIES



600 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 1 banana sliced
- 25 ounces cinnamon-swirl toast frozen french
- 4 eggs
- 2 cups maple syrup pure
- 0.3 cup marmalade
- 3 cups milk
- 1 teaspoon pumpkin pie spice

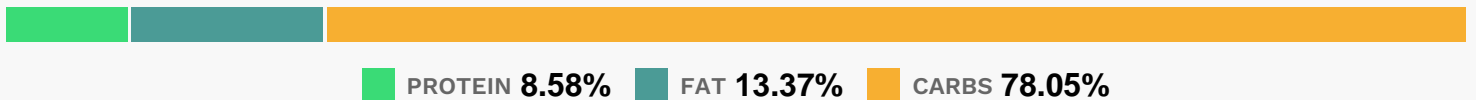
### Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- baking pan

## Directions

- Spray two 9x13-inch baking pans with cooking spray.
- Place French toast pieces evenly in the bottoms of prepared pans; set aside.
- In a medium bowl, whisk together eggs, milk, 1 cup of the maple syrup, and the pumpkin pie spice until well combined.
- Pour evenly over French toast slices in each pan. Cover with plastic wrap; let sit for 1 hour, occasionally pushing French toast down into mixture.
- Preheat oven to 350 degrees F.
- Remove plastic wrap and place pans in oven.
- Bake about 1 hour or until golden brown.
- In a small saucepan, heat the remaining 1 cup maple syrup, the marmalade, and sliced banana over medium-low heat until heated through.
- Serve warm over French toast.

## Nutrition Facts



## Properties

Glycemic Index:31.91, Glycemic Load:58.53, Inflammation Score:-5, Nutrition Score:21.964348000029%

## Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg

## Nutrients (% of daily need)

Calories: 599.82kcal (29.99%), Fat: 9.01g (13.86%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 118.3g (39.43%), Net Carbohydrates: 113.92g (41.42%), Sugar: 66.44g (73.82%), Cholesterol: 92.82mg (30.94%), Sodium: 385.48mg (16.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13g (26%), Manganese: 2.39mg (119.51%), Vitamin B2: 1.62mg (95.51%), Selenium: 26.67µg (38.09%), Vitamin B1: 0.42mg (28.04%), Calcium: 276.36mg (27.64%), Folate: 108.82µg (27.2%), Phosphorus: 238.77mg (23.88%), Iron: 3.2mg (17.78%), Potassium: 615.21mg (17.58%), Fiber: 4.39g (17.54%), Vitamin B3: 3.36mg (16.79%), Magnesium: 58.45mg (14.61%), Zinc: 1.9mg (12.65%), Vitamin B12: 0.69µg (11.5%), Copper: 0.22mg (10.95%), Vitamin B5: 1.07mg (10.74%), Vitamin B6: 0.21mg (10.62%), Vitamin D: 1.45µg (9.64%), Vitamin A: 277.12IU (5.54%), Vitamin E: 0.56mg (3.74%), Vitamin C: 2.68mg (3.24%), Vitamin K: 1.99µg (1.9%)