



Frenchy Toast Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



640 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup poached berries your favorite
- ☐ 1 loaf sandwich bread white such as texas toast, crusts removed sliced
- ☐ 6 large eggs
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 cups brown sugar light packed
- ☐ 0.8 cup butter unsalted ()
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Melt the butter in a small saucepan set over medium heat.
- ☐ Add the brown sugar and 1 teaspoon of the cinnamon and stir to make a paste.
- ☐ Spread the paste in the bottom of a 9 x 13-inch casserole dish.
- ☐ Lay the bread on top of the paste in two layers.
- ☐ In a separate bowl, combine the milk, eggs, and remaining 1 teaspoon cinnamon.
- ☐ Pour the mixture over the bread in the dish.
- ☐ Bake for 30 minutes, or until top has risen a little and is golden brown. Top with berries when serving.
- ☐ notes
- ☐ Great for freezing! See our Freezer Tips on pages 23–2
- ☐ This casserole can be made the night before and kept chilled in the fridge overnight. All you'll have to do the next morning is pop it in the oven.
- ☐ Vegetarian friendly!
- ☐ From The Casserole Queens Cookbook by Crystal Cook & Sandy Pollock. Copyright © 2011 by Crystal Cook and Sandy Pollock; Food photographs copyright © 2011 by Ben Fink. Published by Clarkson Potter/Publishers. Crystal Cook and Sandy Pollock, the Casserole Queens, have been delivering casseroles in Austin, Texas, since 2006; they also teach cooking classes at Whole Foods stores in the area. They have been featured on Food Network's Throwdown! with Bobby Flay and Bobby Flay Radio on Sirius XM, as well as on television news and radio talk shows.

Nutrition Facts



■ PROTEIN 9.32% ■ FAT 36.13% ■ CARBS 54.55%

Properties

Glycemic Index:14.72, Glycemic Load:30.9, Inflammation Score:-7, Nutrition Score:17.173478349395%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 640.18kcal (32.01%), Fat: 25.96g (39.94%), Saturated Fat: 13.95g (87.19%), Carbohydrates: 88.18g (29.39%), Net Carbohydrates: 85.44g (31.07%), Sugar: 49.29g (54.76%), Cholesterol: 192.57mg (64.19%), Sodium: 496.01mg (21.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.15%), Selenium: 33.13µg (47.33%), Manganese: 0.66mg (32.96%), Vitamin B1: 0.49mg (32.5%), Calcium: 321.29mg (32.13%), Folate: 114.41µg (28.6%), Vitamin B2: 0.47mg (27.89%), Phosphorus: 241.12mg (24.11%), Iron: 3.89mg (21.59%), Vitamin B3: 4.3mg (21.5%), Vitamin A: 844.38IU (16.89%), Vitamin B5: 1.36mg (13.62%), Vitamin B12: 0.7µg (11.66%), Vitamin D: 1.74µg (11.6%), Fiber: 2.74g (10.97%), Vitamin B6: 0.21mg (10.45%), Zinc: 1.54mg (10.24%), Magnesium: 40.18mg (10.04%), Potassium: 315.29mg (9.01%), Copper: 0.16mg (8.19%), Vitamin E: 1.21mg (8.06%), Vitamin K: 5.29µg (5.04%)