



Healthified Raspberry French Toast Bake

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 1 cup eggs fat-free
- ☐ 1 cup skim milk fat-free (skim)
- ☐ 1 lb bread french soft (18 inches long)
- ☐ 10 oz raspberries frozen organic thawed cascadian farm®
- ☐ 0.5 cup raspberry jam
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Spray bottom and sides of 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Cut bread into 24 (3/4-inch-thick) slices.
- ☐ Spread 12 slices with cream cheese.
- ☐ Spread remaining bread slices with preserves; place over cream cheese to make 12 sandwiches. Arrange in baking dish, pressing together if necessary to fit.
- ☐ In medium bowl, beat egg product, milk, 1 tablespoon sugar and the salt with wire whisk until blended.
- ☐ Pour over bread in dish.
- ☐ Let stand 15 minutes or until liquid is absorbed.
- ☐ Heat oven to 400°F. Cover dish with foil; bake 10 minutes. Uncover; bake 15 to 20 minutes longer or until golden brown.
- ☐ Meanwhile, in 2-quart saucepan, mix sauce ingredients until blended.
- ☐ Heat to boiling over medium heat, stirring frequently. Boil 30 seconds to 1 minute or just until thickened.
- ☐ Place strainer over medium bowl; pour raspberry mixture into strainer. Press mixture with back of spoon through strainer to remove seeds; discard seeds.
- ☐ Serve sauce over French toast.

Nutrition Facts



 **PROTEIN 14.67%**  **FAT 13.06%**  **CARBS 72.27%**

Properties

Glycemic Index:22.07, Glycemic Load:23.98, Inflammation Score:-3, Nutrition Score:8.9421739163606%

Flavonoids

Cyanidin: 10.81mg, Cyanidin: 10.81mg, Cyanidin: 10.81mg, Cyanidin: 10.81mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 207.69kcal (10.38%), Fat: 3.03g (4.67%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 35.26g (12.82%), Sugar: 14.93g (16.58%), Cholesterol: 75.94mg (25.31%), Sodium: 317.97mg (13.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Selenium: 17.8µg (25.43%), Vitamin B1: 0.3mg (19.85%), Manganese: 0.37mg (18.44%), Vitamin B2: 0.3mg (17.72%), Folate: 62.94µg (15.73%), Iron: 2.07mg (11.49%), Phosphorus: 111.22mg (11.12%), Fiber: 2.53g (10.1%), Vitamin B3: 2.01mg (10.04%), Vitamin C: 7.44mg (9.01%), Calcium: 66.76mg (6.68%), Vitamin B5: 0.59mg (5.9%), Zinc: 0.85mg (5.7%), Magnesium: 22.75mg (5.69%), Copper: 0.11mg (5.42%), Vitamin B6: 0.1mg (5.13%), Vitamin B12: 0.3µg (4.98%), Potassium: 152.95mg (4.37%), Vitamin D: 0.63µg (4.2%), Vitamin E: 0.51mg (3.43%), Vitamin A: 158.8IU (3.18%), Vitamin K: 2.17µg (2.06%)