



Kathy's French Toast Bake

 Vegetarian

READY IN



540 min.

SERVINGS



15

CALORIES



287 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 16 ounce cream cheese cubed
- 12 eggs
- 1 pound bread french cubed
- 1 teaspoon ground cinnamon
- 0.5 cup maple syrup
- 2 cups milk

Equipment

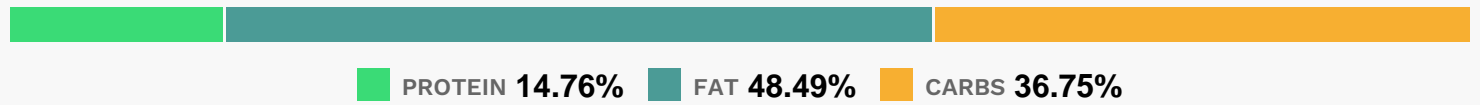
- bowl

- oven
- whisk
- baking pan

Directions

- Spread the French bread cubes and cream cheese cubes evenly in a 9x13-inch baking dish.
- Whisk eggs, milk, maple syrup, and cinnamon together in a bowl; pour mixture over bread and cream cheese. Cover and refrigerate overnight.
- Preheat the oven to 375 degrees F (190 degrees C).
- Bake in preheated oven until golden brown, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:12.47, Glycemic Load:15.77, Inflammation Score:-5, Nutrition Score:10.481304366061%

Nutrients (% of daily need)

Calories: 287.26kcal (14.36%), Fat: 15.52g (23.88%), Saturated Fat: 7.98g (49.85%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 25.74g (9.36%), Sugar: 10.66g (11.85%), Cholesterol: 165.39mg (55.13%), Sodium: 340.32mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.63g (21.27%), Selenium: 22.68µg (32.4%), Vitamin B2: 0.54mg (31.81%), Manganese: 0.44mg (22.15%), Vitamin B1: 0.26mg (17.4%), Phosphorus: 166.75mg (16.67%), Folate: 56.47µg (14.12%), Vitamin A: 649.29IU (12.99%), Calcium: 117.82mg (11.78%), Iron: 1.85mg (10.3%), Vitamin B5: 0.93mg (9.35%), Vitamin B12: 0.56µg (9.26%), Vitamin B3: 1.56mg (7.78%), Zinc: 1.13mg (7.54%), Vitamin D: 1.06µg (7.08%), Vitamin B6: 0.13mg (6.46%), Magnesium: 22.86mg (5.72%), Potassium: 197.4mg (5.64%), Vitamin E: 0.71mg (4.75%), Copper: 0.08mg (3.88%), Fiber: 0.74g (2.94%), Vitamin K: 1.09µg (1.04%)