



Lemon-Raspberry French Toast Strata

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 cups unseasoned bread cubes white with crusts (12 ounces or 3/4 loaf) country-style
- ☐ 6 large eggs
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.5 cup maple syrup pure for serving
- ☐ 1 pint raspberries fresh
- ☐ 0.3 teaspoon salt
- ☐ 4 cups milk whole

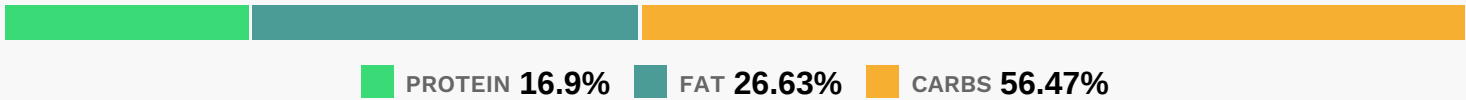
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Arrange rack in center of the oven and preheat to 350°F.
- ☐ Lightly butter 9- by 13-inch glass baking dish or 14-inch oval gratin dish.
- ☐ Pour in maple syrup; scatter bread cubes and raspberries in dish.
- ☐ In large bowl, whisk together eggs, milk, lemon zest, and salt; pour over bread cubes.
- ☐ Bake strata until puffed and golden brown, about 45 minutes.
- ☐ Transfer to rack to cool 5 minutes, then serve warm with additional maple syrup.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:14.93, Inflammation Score:-5, Nutrition Score:15.01652178557%

Flavonoids

Cyanidin: 21.66mg, Cyanidin: 21.66mg, Cyanidin: 21.66mg, Cyanidin: 21.66mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 261.69kcal (13.08%), Fat: 7.81g (12.01%), Saturated Fat: 3g (18.74%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 32.8g (11.93%), Sugar: 18.48g (20.53%), Cholesterol: 123.31mg (41.1%), Sodium: 298.69mg (12.99%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.29%), Manganese: 1.1mg (55.01%), Vitamin B2: 0.58mg (34.06%), Selenium: 20.84µg (29.77%), Phosphorus: 215.07mg (21.51%), Calcium: 208.53mg (20.85%), Fiber: 4.44g (17.76%), Vitamin C: 12.72mg (15.42%), Vitamin B1: 0.23mg (15.38%), Vitamin B12: 0.79µg (13.23%), Folate: 52.62µg (13.16%), Vitamin B5: 1.26mg (12.56%), Iron: 2.08mg (11.56%), Vitamin B3: 2.3mg (11.5%), Vitamin D: 1.67µg (11.16%), Magnesium: 42.91mg (10.73%), Potassium: 343.18mg (9.81%), Zinc: 1.45mg (9.66%), Vitamin B6: 0.17mg (8.71%), Vitamin A: 336.5IU (6.73%), Copper: 0.12mg (5.76%), Vitamin E: 0.84mg (5.6%), Vitamin K: 5.72µg (5.45%)