



Make Ahead French Toast

 Vegetarian

READY IN



850 min.

SERVINGS



8

CALORIES



576 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup butter melted
- 5 eggs lightly beaten
- 1 pound bread french
- 1 cup half-and-half cream
- 1 cup brown sugar light
- 2 tablespoons maple syrup
- 1.5 cups milk
- 1 cup pecans chopped

1 teaspoon vanilla extract

Equipment

bowl

oven

whisk

baking pan

Directions

In a large bowl, whisk together eggs, milk, cream and vanilla. Dip bread slices into egg mixture and place in a lightly greased 9x13 inch baking pan. Refrigerate overnight.

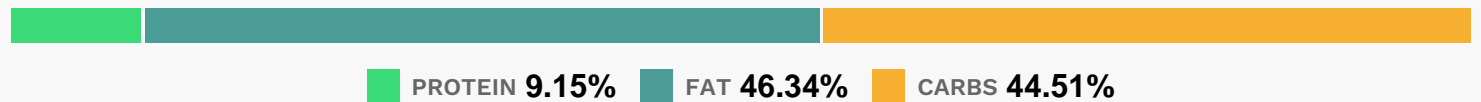
The next morning: Preheat oven to 350 degrees F (175 degrees C).

In a small bowl, combine butter, sugar, maple syrup and pecans. Spoon mixture over bread.

Bake in preheated oven until golden, about 40 minutes.

Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:24.79, Inflammation Score:-6, Nutrition Score:16.385217397109%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 575.94kcal (28.8%), Fat: 30.25g (46.53%), Saturated Fat: 12.27g (76.7%), Carbohydrates: 65.37g (21.79%), Net Carbohydrates: 62.82g (22.84%), Sugar: 36.45g (40.51%), Cholesterol: 148.88mg (49.63%), Sodium: 515.64mg (22.42%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 13.44g (26.88%), Manganese: 1.05mg (52.69%), Selenium: 27.49µg (39.26%), Vitamin B1: 0.54mg (36.15%), Vitamin B2: 0.58mg (33.89%), Phosphorus: 231.21mg

(23.12%), Folate: 87.27µg (21.82%), Iron: 3.26mg (18.12%), Calcium: 174.8mg (17.48%), Vitamin B3: 3.04mg (15.18%), Copper: 0.29mg (14.3%), Vitamin A: 691.88IU (13.84%), Zinc: 1.92mg (12.83%), Magnesium: 50.31mg (12.58%), Vitamin B5: 1.04mg (10.39%), Fiber: 2.56g (10.22%), Vitamin B12: 0.57µg (9.56%), Vitamin B6: 0.19mg (9.54%), Potassium: 320.68mg (9.16%), Vitamin D: 1.05µg (7.02%), Vitamin E: 1.03mg (6.84%), Vitamin K: 2.48µg (2.36%)