



## Make-Ahead Pumpkin French Toast

 Vegetarian

READY IN



755 min.

SERVINGS



12

CALORIES



316 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup pumpkin canned
- 12 slices challah bread
- 0.5 cup philadelphia cream cheese spread
- 6 eggs
- 0.8 cup maple syrup
- 1 cup milk
- 1 tsp pumpkin pie spice
- 0.5 cup sugar

1 Tbsp vanilla

## Equipment

baking sheet

oven

blender

## Directions

Blend eggs, milk, pumpkin, sugar, vanilla and pumpkin pie spice in blender until well blended.

Add cream cheese spread; blend until smooth.

Pour into 13x9-inch dish. Dip both sides of each bread slice in egg mixture, then arrange on bottom of same dish, stacking if necessary to fit; cover. Refrigerate overnight.

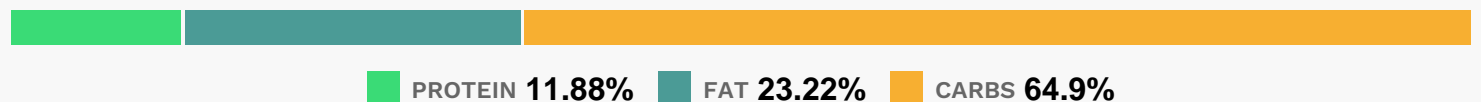
Heat oven to 400F.

Place bread slices in single layer on baking sheets sprayed with cooking spray, letting excess egg mixture drip back into dish before placing bread on baking sheets. Discard any leftover egg mixture.

Bake 12 to 15 min. or until bread is puffed and golden brown, turning after 8 min.

Serve topped with syrup.

## Nutrition Facts



## Properties

Glycemic Index:12.05, Glycemic Load:11.13, Inflammation Score:-9, Nutrition Score:14.414782653684%

## Nutrients (% of daily need)

Calories: 316.19kcal (15.81%), Fat: 8.07g (12.42%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 50.78g (16.93%), Net Carbohydrates: 48.94g (17.8%), Sugar: 23.49g (26.1%), Cholesterol: 117.17mg (39.06%), Sodium: 287.34mg (12.49%), Alcohol: 0.37g (100%), Alcohol %: 0.3% (100%), Protein: 9.29g (18.59%), Vitamin A: 3531.24IU (70.62%), Manganese: 0.79mg (39.53%), Vitamin B2: 0.63mg (37.01%), Selenium: 23.24µg (33.2%), Vitamin B1: 0.27mg (18.05%), Folate: 68.47µg (17.12%), Vitamin B3: 2.71mg (13.54%), Iron: 2.34mg (12.98%), Phosphorus: 127.65mg (12.77%), Calcium: 126.38mg (12.64%), Fiber: 1.83g (7.33%), Zinc: 0.97mg (6.45%), Vitamin B5: 0.64mg (6.45%),

Copper: 0.13mg (6.29%), Magnesium: 24.39mg (6.1%), Potassium: 211.86mg (6.05%), Vitamin B12: 0.36µg (5.98%),  
Vitamin D: 0.88µg (5.84%), Vitamin B6: 0.1mg (4.8%), Vitamin E: 0.6mg (3.99%), Vitamin K: 3.91µg (3.72%), Vitamin  
C: 0.89mg (1.08%)