



Maple-Cinnamon Baked French Toast

 Vegetarian

READY IN



95 min.

SERVINGS



35

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 oz philadelphia cream cheese softened
- 3 eggs
- 0.5 tsp ground cinnamon
- 16 oz bread italian cut into 16 slices
- 1 cup milk
- 0.3 cup pancake syrup
- 1 Tbsp powdered sugar
- 1 tsp vanilla

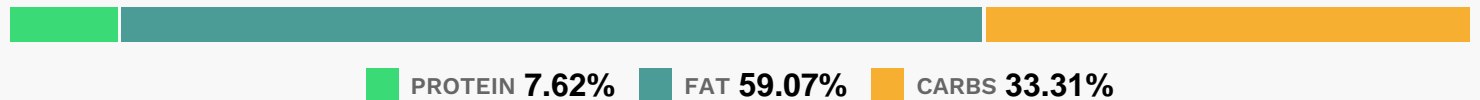
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Beat cream cheese in medium bowl with mixer until creamy.
- Add next 5 ingredients; mix well.
- Dip bread in cream cheese mixture, turning to evenly moisten each slice; place in large shallow casserole or bowl. Top with remaining cream cheese mixture. Refrigerate at least 1 hour or up to 24 hours.
- Heat oven to 425F.
- Place bread in single layer on baking sheet sprayed with cooking spray.
- Bake 15 to 20 min. or until golden brown, turning after 8 min.
- Sprinkle with sugar.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.4530435042537%

Nutrients (% of daily need)

Calories: 112.56kcal (5.63%), Fat: 7.42g (11.42%), Saturated Fat: 4.07g (25.42%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 8.94g (3.25%), Sugar: 4.84g (5.37%), Cholesterol: 21.5mg (7.17%), Sodium: 78.66mg (3.42%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 2.15g (4.31%), Vitamin B2: 0.05mg (3.16%), Vitamin B3: 0.6mg (3%), Selenium: 1.87µg (2.67%), Phosphorus: 26.49mg (2.65%), Folate: 10.52µg (2.63%), Vitamin A: 120.17IU (2.4%), Iron: 0.35mg (1.95%), Fiber: 0.47g (1.89%), Calcium: 17.41mg (1.74%), Vitamin B1: 0.03mg (1.69%), Potassium: 52.75mg (1.51%), Vitamin B12: 0.09µg (1.42%), Vitamin B5: 0.12mg (1.21%), Magnesium: 4.16mg (1.04%), Vitamin D: 0.15µg (1.01%)