



Marmalade French Toast Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



300 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 3 tablespoons butter softened
- 6 large eggs
- 0.3 teaspoon nutmeg
- 2.8 cups milk 1% low-fat
- 12 ounce orange marmalade
- 16 ounce sourdough bread french cut into 24 (1/2-inch) slices
- 0.3 cup sugar
- 1 teaspoon vanilla extract

0.3 cup walnut pieces finely chopped

Equipment

oven

whisk

baking pan

Directions

Spread softened butter on one side of each bread slice. Arrange 12 bread slices, buttered side down, slightly overlapping in a single layer in a 13 x 9-inch baking dish coated with cooking spray.

Spread marmalade evenly over bread; top with remaining 12 bread slices, buttered side up.

Combine milk and next 4 ingredients (through eggs), stirring with a whisk.

Pour egg mixture over bread. Cover and refrigerate 8 hours or overnight.

Preheat oven to 35

Sprinkle casserole with walnuts.

Bake at 350 for 45 minutes or until golden.

Let stand 5 minutes before serving.

Nutrition Facts



PROTEIN 12.58% **FAT 25.74%** **CARBS 61.68%**

Properties

Glycemic Index:24.22, Glycemic Load:19.06, Inflammation Score:-4, Nutrition Score:9.9291304686795%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 300.48kcal (15.02%), Fat: 8.8g (13.53%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 47.44g (15.81%), Net Carbohydrates: 46.19g (16.8%), Sugar: 27.22g (30.24%), Cholesterol: 103.23mg (34.41%), Sodium: 322.68mg (14.03%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 9.67g (19.34%), Selenium: 20.02µg (28.6%), Vitamin B2: 0.37mg (21.52%), Vitamin B1: 0.32mg (21.47%), Folate: 65.2µg (16.3%), Manganese: 0.33mg (16.28%),

Phosphorus: 158.22mg (15.82%), Calcium: 116.77mg (11.68%), Iron: 2.06mg (11.43%), Vitamin B3: 1.96mg (9.78%),
Vitamin B12: 0.56µg (9.31%), Copper: 0.15mg (7.71%), Vitamin B5: 0.73mg (7.31%), Vitamin D: 1.09µg (7.3%), Zinc:
1.06mg (7.1%), Vitamin A: 346.74IU (6.93%), Vitamin B6: 0.14mg (6.92%), Magnesium: 27.47mg (6.87%), Potassium:
191.13mg (5.46%), Fiber: 1.26g (5.03%), Vitamin E: 0.47mg (3.16%), Vitamin C: 1.4mg (1.7%)