



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

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0.3 cup walnut pieces finely chopped

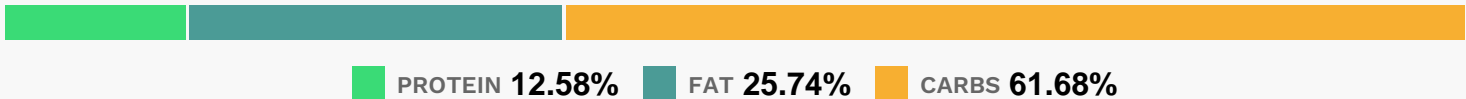
Equipment

- ☐ 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



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%)