



NUTELLA® French Toast Casserole

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



407 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 4 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup maple syrup pure
- ☐ 1.5 cups milk
- ☐ 12 slices grain bread whole
- ☐ 6 tablespoons nutella
- ☐ 2 pears ripe peeled thinly sliced

☐ 1 teaspoon vanilla extract

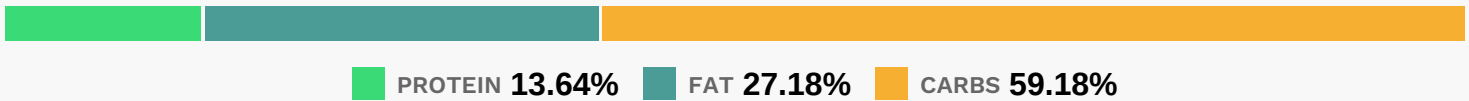
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C). Spray a 13 x 9-inch (3L) baking dish lightly with vegetable cooking spray.
- ☐ In prepared baking dish, layer 6 slices of bread. Top with half of the pear slices and blueberries.
- ☐ Layer remaining bread and top with remaining fruit.
- ☐ In a large bowl, whisk eggs, milk, maple syrup, vanilla and cinnamon and pour over bread and fruit.
- ☐ Let stand for 10 minutes or more.
- ☐ Bake for 35 to 40 minutes or until golden and firm.
- ☐ Serve warm with a dollop of NUTELLA®.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:25.79, Inflammation Score:-5, Nutrition Score:19.163478415945%

Flavonoids

Cyanidin: 3.31mg, Cyanidin: 3.31mg, Cyanidin: 3.31mg, Cyanidin: 3.31mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg

Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 407.35kcal (20.37%), Fat: 12.39g (19.07%), Saturated Fat: 7.74g (48.36%), Carbohydrates: 60.73g (20.24%), Net Carbohydrates: 53.76g (19.55%), Sugar: 31.87g (35.42%), Cholesterol: 116.44mg (38.81%), Sodium: 326.56mg (14.2%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 14g (27.99%), Manganese: 1.85mg (92.33%), Selenium: 25.37µg (36.25%), Vitamin B2: 0.54mg (31.73%), Fiber: 6.97g (27.87%), Phosphorus: 276.86mg (27.69%), Calcium: 227.57mg (22.76%), Vitamin B1: 0.31mg (20.39%), Magnesium: 74.53mg (18.63%), Iron: 2.98mg (16.54%), Copper: 0.3mg (14.97%), Vitamin B3: 2.86mg (14.31%), Zinc: 2.01mg (13.4%), Potassium: 467.71mg (13.36%), Vitamin B6: 0.25mg (12.7%), Vitamin B5: 1.19mg (11.89%), Vitamin K: 12.47µg (11.87%), Vitamin E: 1.78mg (11.85%), Folate: 45.55µg (11.39%), Vitamin B12: 0.64µg (10.67%), Vitamin D: 1.26µg (8.38%), Vitamin C: 4.96mg (6.01%), Vitamin A: 288.59IU (5.77%)