



One-Dish Blackberry French Toast

READY IN



21 min.

SERVINGS



10

CALORIES



338 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup garnish: blackberry jam
- ☐ 12 oz bread french cut into 1 1/2-inch cubes
- ☐ 0.5 cup brown sugar packed
- ☐ 4 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 cups half and half
- ☐ 10 servings whipped cream
- ☐ 1 teaspoon vanilla extract

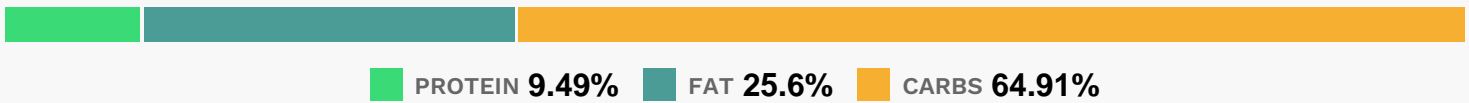
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cook jam in a small saucepan over medium heat 1 to 2 minutes or until melted and smooth, stirring once.
- ☐ Place half of bread cubes in bottom of a lightly greased 13- x 9-inch baking dish. Top with cream cheese cubes, and drizzle with melted jam. Top with remaining bread cubes.
- ☐ Whisk together eggs and next 3 ingredients.
- ☐ Pour over bread mixture.
- ☐ Sprinkle with brown sugar. Cover tightly, and chill 8 to 24 hours.
- ☐ Preheat oven to 32
- ☐ Bake, covered, 20 minutes. Uncover and bake 10 to 15 minutes or until bread is golden brown and mixture is set.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:19.55, Glycemic Load:26.7, Inflammation Score:-3, Nutrition Score:8.5143478227698%

Nutrients (% of daily need)

Calories: 337.92kcal (16.9%), Fat: 9.65g (14.85%), Saturated Fat: 5.04g (31.52%), Carbohydrates: 55.06g (18.35%), Net Carbohydrates: 53.83g (19.57%), Sugar: 31.34g (34.82%), Cholesterol: 95.9mg (31.97%), Sodium: 277.22mg (12.05%), Alcohol: 0.14g (100%), Alcohol %: 0.11% (100%), Protein: 8.05g (16.1%), Selenium: 18.32µg (26.17%), Vitamin B2: 0.36mg (21.22%), Vitamin B1: 0.27mg (18.12%), Folate: 56.74µg (14.18%), Phosphorus: 133.69mg (13.37%), Manganese: 0.24mg (12.04%), Iron: 1.97mg (10.94%), Calcium: 104.72mg (10.47%), Vitamin B3: 1.74mg (8.7%),

Vitamin A: 321.03IU (6.42%), Vitamin B5: 0.6mg (6.01%), Zinc: 0.85mg (5.67%), Copper: 0.11mg (5.56%), Vitamin B6: 0.11mg (5.44%), Magnesium: 21.3mg (5.33%), Potassium: 182.37mg (5.21%), Fiber: 1.23g (4.91%), Vitamin B12: 0.29µg (4.79%), Vitamin C: 3.44mg (4.16%), Vitamin E: 0.49mg (3.24%), Vitamin D: 0.42µg (2.83%), Vitamin K: 1.1µg (1.05%)