



Orange French Toast Bake

 Vegetarian

READY IN



525 min.

SERVINGS



8

CALORIES



457 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.5 cup flour all-purpose
- 1.5 cups milk
- 1 tablespoon granulated sugar
- 1 teaspoon orange zest grated
- 0.5 teaspoon vanilla
- 0.3 teaspoon salt
- 6 eggs
- 10 slices bread french cut into 1-inch cubes (9 cups) ()

- 11 oz mandarin orange segments drained canned
- 1 serving powdered sugar
- 12 oz orange marmalade warmed

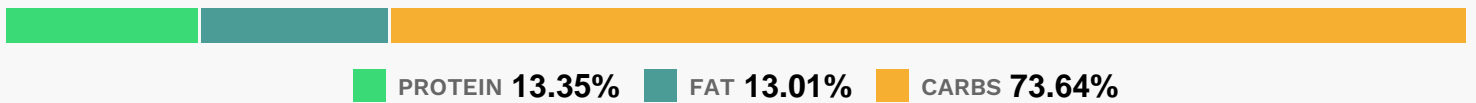
Equipment

- bowl
- oven
- baking pan
- hand mixer

Directions

- Generously spray 2 1/2-quart casserole or 13x9-inch baking dish with cooking spray. In large bowl, beat flour, milk, granulated sugar, orange peel, vanilla, salt and eggs with electric mixer on medium speed about 2 minutes or until smooth. Stir in bread cubes until coated.
- Pour bread mixture into casserole. Top evenly with orange segments. Cover; refrigerate at least 8 hours but no longer than 24 hours.
- Heat oven to 400°F. Uncover; bake 20 to 25 minutes or until golden brown.
- Sprinkle with powdered sugar.
- Serve with orange marmalade.

Nutrition Facts



Properties

Glycemic Index:38.2, Glycemic Load:40.06, Inflammation Score:-7, Nutrition Score:17.355652093887%

Flavonoids

Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg

Nutrients (% of daily need)

Calories: 456.57kcal (22.83%), Fat: 6.74g (10.37%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 85.82g (28.61%), Net Carbohydrates: 82.82g (30.12%), Sugar: 38.19g (42.44%), Cholesterol: 128.25mg (42.75%), Sodium: 643.33mg (27.97%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 15.55g (31.11%), Selenium: 36.84µg (52.63%), Vitamin B1: 0.69mg (46.21%), Vitamin B2: 0.62mg (36.46%), Folate: 138.35µg (34.59%), Manganese: 0.51mg (25.41%), Iron: 4.19mg (23.3%), Vitamin B3: 4.56mg (22.81%), Phosphorus: 213.55mg (21.35%), Vitamin C: 12.79mg (15.5%), Calcium: 148.61mg (14.86%), Fiber: 3g (11.99%), Vitamin A: 545.19IU (10.9%), Vitamin B5: 1.07mg (10.7%), Copper: 0.21mg (10.62%), Magnesium: 42.38mg (10.6%), Vitamin B6: 0.21mg (10.6%), Zinc: 1.55mg (10.3%), Vitamin B12: 0.54µg (9.01%), Potassium: 297.53mg (8.5%), Vitamin D: 1.16µg (7.75%), Vitamin E: 0.65mg (4.31%)