



Orange-Pecan French Toast Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons light-colored corn syrup
- ☐ 3 large egg whites
- ☐ 2 large eggs
- ☐ 0.5 cup milk fat-free
- ☐ 1 pound bread french 1-inch-thick ()
- ☐ 3 tablespoons granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 cup pecans chopped
- ☐ 1 teaspoon vanilla extract

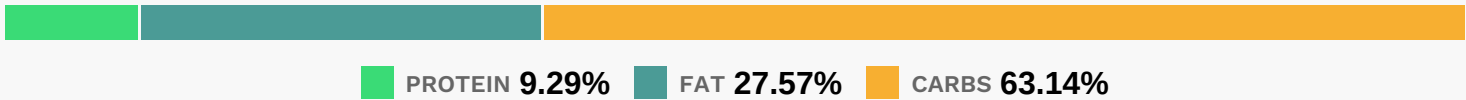
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Combine brown sugar, butter, and corn syrup; pour into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle chopped pecans evenly over sugar mixture.
- ☐ Combine rind and next 7 ingredients (rind through eggs); stir with a whisk. Arrange bread slices over pecans in dish; pour egg mixture over bread. Cover and refrigerate 1 hour or up to overnight.
- ☐ Preheat oven to 35
- ☐ Carefully turn bread slices over to absorb excess egg mixture.
- ☐ Let stand at room temperature 20 minutes.
- ☐ Bake at 350 for 35 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:26.65, Glycemic Load:19.03, Inflammation Score:-4, Nutrition Score:8.1952174642812%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 291.05kcal (14.55%), Fat: 9.08g (13.98%), Saturated Fat: 3.9g (24.37%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 45.55g (16.56%), Sugar: 27.85g (30.94%), Cholesterol: 44.86mg (14.95%), Sodium: 305.51mg (13.28%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 6.89g (13.78%), Selenium: 15.69µg (22.42%), Vitamin B1: 0.32mg (21.27%), Manganese: 0.38mg (19.12%), Vitamin B2: 0.26mg (15.44%), Folate: 58.24µg (14.56%), Vitamin C: 10.6mg (12.85%), Iron: 1.9mg (10.54%), Vitamin B3: 1.99mg (9.97%), Phosphorus: 82.66mg (8.27%), Calcium: 61.98mg (6.2%), Copper: 0.12mg (6.04%), Magnesium: 23.15mg (5.79%), Vitamin A: 267.62IU (5.35%), Fiber: 1.27g (5.08%), Zinc: 0.73mg (4.85%), Potassium: 167.53mg (4.79%), Vitamin B6: 0.08mg (4.2%), Vitamin B5: 0.4mg (4.04%), Vitamin B12: 0.15µg (2.53%), Vitamin E: 0.37mg (2.45%), Vitamin D: 0.28µg (1.86%)