



Oven-Baked Caramel French Toast

 Vegetarian

READY IN



600 min.

SERVINGS



8

CALORIES



631 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup brown sugar
- 0.3 cup butter
- 8 servings mrs richardson's butterscotch caramel sauce
- 1 tablespoon plus light
- 6 eggs
- 12 slices bread french italian-style
- 1.5 teaspoons ground cinnamon
- 1 teaspoon nutmeg

- 1.5 cups milk
- 1 cup pecans divided chopped
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

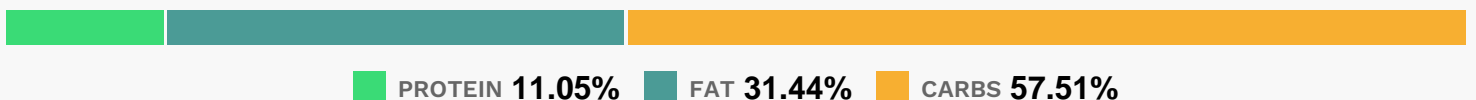
Equipment

- sauce pan
- oven
- blender
- baking pan

Directions

- In a small saucepan, combine 1 cup brown sugar, 1/2 cup butter and 2 tablespoons corn syrup. Cook over medium heat, stirring constantly, until thickened.
- Pour sauce into a 9x13 inch baking dish and sprinkle with 1/2 cup pecans.
- Place 6 slices of bread on top of the sauce, sprinkle with the remaining pecans and cover with the remaining 6 slices of bread.
- Combine eggs, milk, vanilla, nutmeg, cinnamon and salt in a blender.
- Pour egg mixture evenly over bread slices, cover the baking dish, and refrigerate for 8 hours or overnight.
- The next morning, preheat oven to 350 degrees F (175 degrees C).
- Remove the French toast from the refrigerator 30 minutes prior to baking.
- Bake in preheated oven for 40 to 45 minutes, until lightly brown.
- Drizzle sauce over the toast right before serving.
- To make the Caramel Sauce: In a small saucepan, combine 1/2 cup brown sugar, 1/4 cup butter and 1 tablespoon corn syrup. Cook until thickened, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:34.06, Glycemic Load:39.74, Inflammation Score:-6, Nutrition Score:20.496087097603%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 630.88kcal (31.54%), Fat: 22.59g (34.75%), Saturated Fat: 6.95g (43.41%), Carbohydrates: 92.99g (31%), Net Carbohydrates: 89.31g (32.48%), Sugar: 45.7g (50.77%), Cholesterol: 143.5mg (47.83%), Sodium: 902.53mg (39.24%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 17.87g (35.73%), Manganese: 1.23mg (61.51%), Selenium: 39.76µg (56.81%), Vitamin B1: 0.81mg (54.22%), Vitamin B2: 0.64mg (37.93%), Folate: 137.95µg (34.49%), Phosphorus: 268.74mg (26.87%), Iron: 4.81mg (26.75%), Vitamin B3: 4.89mg (24.44%), Copper: 0.34mg (17.22%), Calcium: 171.6mg (17.16%), Magnesium: 60.81mg (15.2%), Zinc: 2.26mg (15.1%), Fiber: 3.67g (14.68%), Vitamin B5: 1.21mg (12.05%), Vitamin B6: 0.22mg (11.12%), Vitamin B12: 0.62µg (10.41%), Vitamin A: 474.58IU (9.49%), Potassium: 332.01mg (9.49%), Vitamin D: 1.16µg (7.75%), Vitamin E: 0.95mg (6.37%), Vitamin K: 2µg (1.9%)