



Overnight Apple French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



827 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 10 oz apple jelly
- ☐ 1 cups apple sauce
- ☐ 9 slices bread french
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 tablespoons plus light
- ☐ 3 eggs

- ☐ 4 apples i use 2 granny smith apples peeled sliced
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 cup milk
- ☐ 1 teaspoon vanilla extract

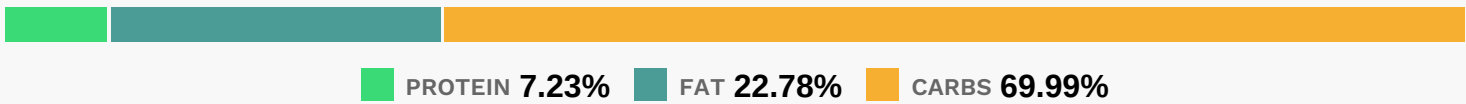
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Combine brown sugar, butter and corn syrup in a small saucepan; cook over low heat until thick.
- ☐ Pour into an ungreased 13"x9" baking pan, arranging apple slices on top of syrup. Beat eggs, milk and vanilla in a mixing bowl. Dip French bread in egg mixture and arrange over apple slices. Cover and refrigerate overnight.
- ☐ Remove from refrigerator 30 minutes before baking, and uncover.
- ☐ Bake at 350 degrees for 35 to 40 minutes, until the top of the bread is browned. Meanwhile, combine remaining ingredients in a saucepan and cook over medium heat until jelly is melted.
- ☐ Serve French toast with apple slices on top and spoon the warm sauce over the apples.

Nutrition Facts



Properties

Glycemic Index:46.58, Glycemic Load:62.25, Inflammation Score:-7, Nutrition Score:19.563043677289%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg

Epicatechin: 11.34mg, Epicatechin: 11.34mg, Epicatechin: 11.34mg, Epicatechin: 11.34mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg
Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 826.67kcal (41.33%), Fat: 21.36g (32.86%), Saturated Fat: 11.72g (73.25%), Carbohydrates: 147.63g (49.21%), Net Carbohydrates: 141.54g (51.47%), Sugar: 87.12g (96.81%), Cholesterol: 127.39mg (42.46%), Sodium: 778.4mg (33.84%), Alcohol: 0.23g (100%), Alcohol %: 0.07% (100%), Protein: 15.25g (30.5%), Selenium: 36.74µg (52.48%), Vitamin B1: 0.76mg (50.49%), Vitamin B2: 0.65mg (38.44%), Folate: 139.43µg (34.86%), Manganese: 0.66mg (33.08%), Iron: 4.89mg (27.18%), Vitamin B3: 4.9mg (24.51%), Fiber: 6.09g (24.37%), Phosphorus: 215.99mg (21.6%), Calcium: 168.55mg (16.85%), Vitamin A: 735.28IU (14.71%), Copper: 0.27mg (13.58%), Potassium: 455.49mg (13.01%), Magnesium: 51.46mg (12.86%), Vitamin B6: 0.25mg (12.57%), Vitamin C: 10.15mg (12.31%), Zinc: 1.6mg (10.69%), Vitamin B5: 0.98mg (9.8%), Vitamin E: 1.24mg (8.26%), Vitamin B12: 0.45µg (7.46%), Vitamin D: 0.89µg (5.92%), Vitamin K: 5.17µg (4.92%)