



Overnight Blueberry French Toast

 Vegetarian

READY IN



600 min.

SERVINGS



10

CALORIES



487 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 12 slices day-old bread cut into 1-inch cubes
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons cornstarch
- ☐ 16 ounce cream cheese cut into 1 inch cubes
- ☐ 12 eggs beaten
- ☐ 0.3 cup maple syrup
- ☐ 2 cups milk

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 1 cup sugar white

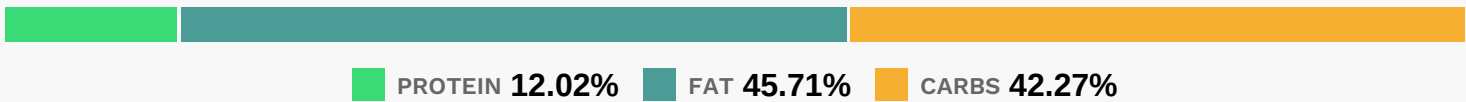
Equipment

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

Directions

- ☐ Lightly grease a 9x13 inch baking dish. Arrange half the bread cubes in the dish, and top with cream cheese cubes.
- ☐ Sprinkle 1 cup blueberries over the cream cheese, and top with remaining bread cubes.
- ☐ In a large bowl, mix the eggs, milk, vanilla extract, and syrup.
- ☐ Pour over the bread cubes. Cover, and refrigerate overnight.
- ☐ Remove the bread cube mixture from the refrigerator about 30 minutes before baking. Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Cover, and bake 30 minutes. Uncover, and continue baking 25 to 30 minutes, until center is firm and surface is lightly browned.
- ☐ In a medium saucepan, mix the sugar, cornstarch, and water. Bring to a boil. Stirring constantly, cook 3 to 4 minutes.
- ☐ Mix in the remaining 1 cup blueberries. Reduce heat, and simmer 10 minutes, until the blueberries burst. Stir in the butter, and pour over the baked French toast

Nutrition Facts



Properties

Glycemic Index:32.03, Glycemic Load:27.44, Inflammation Score:-6, Nutrition Score:14.689130425453%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 487.31kcal (24.37%), Fat: 24.96g (38.4%), Saturated Fat: 12.68g (79.26%), Carbohydrates: 51.93g (17.31%), Net Carbohydrates: 50.22g (18.26%), Sugar: 34.09g (37.88%), Cholesterol: 251.09mg (83.7%), Sodium: 406.55mg (17.68%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 14.76g (29.53%), Selenium: 30.91µg (44.15%), Vitamin B2: 0.64mg (37.92%), Manganese: 0.72mg (36.07%), Phosphorus: 248.05mg (24.81%), Vitamin A: 1017IU (20.34%), Calcium: 189.5mg (18.95%), Vitamin B5: 1.55mg (15.46%), Folate: 58.39µg (14.6%), Vitamin B1: 0.21mg (13.98%), Vitamin B12: 0.84µg (13.93%), Iron: 2.26mg (12.53%), Vitamin D: 1.59µg (10.62%), Vitamin B3: 2.08mg (10.42%), Zinc: 1.56mg (10.42%), Vitamin B6: 0.19mg (9.5%), Magnesium: 33.55mg (8.39%), Potassium: 290.24mg (8.29%), Vitamin E: 1.15mg (7.66%), Fiber: 1.71g (6.85%), Vitamin K: 5.86µg (5.58%), Copper: 0.11mg (5.56%), Vitamin C: 1.5mg (1.82%)