



Overnight Caramel French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter
- 0.5 cup plus
- 2 large eggs
- 1 tablespoon flour all-purpose
- 1 ounce bread french soft (bread such as Pepperidge Farm)
- 2 tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- 1 cup brown sugar light packed

- 2.5 cups milk 1% low-fat
- 0.3 teaspoon salt
- 1.5 teaspoons vanilla extract

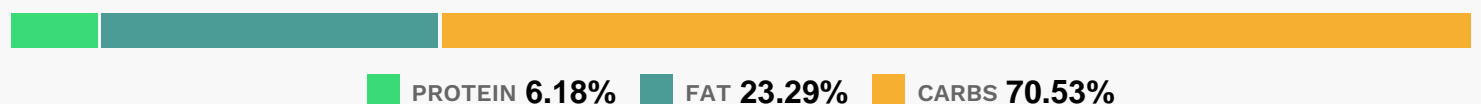
Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan

Directions

- Combine first 3 ingredients in a small saucepan. Cook over medium heat 5 minutes or until mixture is bubbly, stirring constantly.
- Pour mixture evenly into a 13 x 9-inch baking dish coated with cooking spray.
- Arrange bread slices in a single layer over syrup in dish.
- Combine milk and next 4 ingredients (through eggs) in a large bowl, stirring with a whisk.
- Pour egg mixture over bread slices. Cover and refrigerate for 8 hours or overnight.
- Preheat oven to 35
- Combine 2 tablespoons granulated sugar and cinnamon.
- Sprinkle evenly over bread.
- Bake at 350 for 50 minutes or until golden.
- Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.96, Glycemic Load:5.72, Inflammation Score:-2, Nutrition Score:4.0700000036184%

Nutrients (% of daily need)

Calories: 234.11kcal (11.71%), Fat: 6.23g (9.59%), Saturated Fat: 3.58g (22.39%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 42.3g (15.38%), Sugar: 40.01g (44.46%), Cholesterol: 52.35mg (17.45%), Sodium: 165.75mg (7.21%), Alcohol: 0.21g (100%), Alcohol %: 0.22% (100%), Protein: 3.72g (7.44%), Calcium: 105.5mg (10.55%), Phosphorus: 86.76mg (8.68%), Vitamin B2: 0.15mg (8.66%), Selenium: 5.83µg (8.34%), Vitamin B12: 0.46µg (7.64%), Vitamin A: 312.05IU (6.24%), Vitamin D: 0.85µg (5.66%), Vitamin B1: 0.07mg (4.94%), Vitamin B5: 0.42mg (4.15%), Potassium: 144.33mg (4.12%), Manganese: 0.08mg (3.76%), Zinc: 0.51mg (3.39%), Vitamin B6: 0.07mg (3.27%), Magnesium: 11.81mg (2.95%), Folate: 11.14µg (2.79%), Iron: 0.5mg (2.76%), Vitamin E: 0.26mg (1.73%), Vitamin B3: 0.29mg (1.43%), Copper: 0.02mg (1.24%)