



Overnight Cinnamon French Toast Cupcakes

 Vegetarian

READY IN



560 min.

SERVINGS



30

CALORIES



91 kcal

DESSERT

Ingredients

- ☐ 1 loaf raisin bread
- ☐ 30 asian rice cracker snack mix
- ☐ 1 serving strawberries fresh sliced (strawberries, blueberries or raspberries)
- ☐ 1.5 cups skim milk fat-free (skim)
- ☐ 1.5 cups milk whole
- ☐ 0.5 cup whipping cream
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 tablespoon vanilla
- ☐ 1 vanilla pod split
- ☐ 3 eggs beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 Dash salt
- ☐ 0.3 cup butter
- ☐ 1 serving maple syrup
- ☐ 1 serving powdered sugar

Equipment

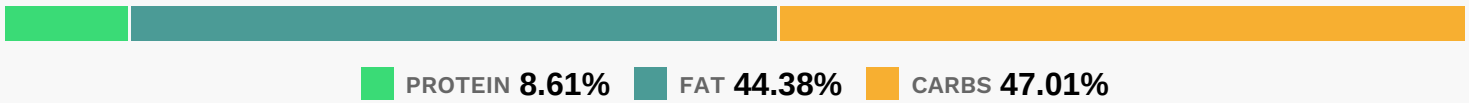
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ kitchen towels

Directions

- ☐ Cut bread into cubes; place on ungreased cookie sheet. Cover with clean tea towel to dry out a bit.
- ☐ Place nut cups on large cookie sheet.
- ☐ Place a few berries in each cup.
- ☐ While bread cubes are drying out, in 2-quart saucepan, heat both milks, cream, 1/2 cup granulated sugar, the cinnamon, vanilla and vanilla bean 5 minutes or until warm throughout, stirring constantly. Set aside to steep 30 minutes.
- ☐ Remove vanilla bean. Beat eggs into mixture.
- ☐ Dunk bread cubes into milk-egg mixture; divide evenly among nut cups. Repeat with all of the bread. Cover unbaked French toast tightly; refrigerate at least 8 hours or overnight.
- ☐ Heat oven to 350°F.

- ☐
- Remove French toast from refrigerator; uncover. In small bowl, stir together flour, 1/4 cup granulated sugar and the salt. With fork or fingers, cut in or rub butter into flour mixture until it resembles crumbs.
- ☐
- Sprinkle Streusel Topping over French toast.
- ☐
- Bake 30 to 35 minutes.
- ☐
- Remove from oven; drizzle each with maple syrup.
- ☐
- Sprinkle with powdered sugar.
- ☐
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.3, Glycemic Load:5.92, Inflammation Score:-2, Nutrition Score:2.433478285437%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 90.52kcal (4.53%), Fat: 4.48g (6.9%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 10.41g (3.79%), Sugar: 7.36g (8.18%), Cholesterol: 28.14mg (9.38%), Sodium: 41.83mg (1.82%), Alcohol: 0.15g (100%), Alcohol %: 0.37% (100%), Protein: 1.96g (3.92%), Vitamin B2: 0.09mg (5.35%), Selenium: 3.16µg (4.52%), Phosphorus: 43.38mg (4.34%), Calcium: 40.12mg (4.01%), Manganese: 0.08mg (3.93%), Vitamin A: 190.63IU (3.81%), Vitamin C: 2.85mg (3.45%), Vitamin B12: 0.19µg (3.13%), Vitamin B1: 0.05mg (3.08%), Vitamin D: 0.42µg (2.8%), Folate: 10.65µg (2.66%), Vitamin B5: 0.19mg (1.94%), Potassium: 64.59mg (1.85%), Iron: 0.3mg (1.67%), Zinc: 0.23mg (1.51%), Vitamin B3: 0.29mg (1.46%), Magnesium: 5.85mg (1.46%), Vitamin B6: 0.03mg (1.46%), Vitamin E: 0.17mg (1.16%), Fiber: 0.28g (1.1%)