



Overnight Eggnog French Toast

 Popular

READY IN



50 min.

SERVINGS



6

CALORIES



635 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 2 tablespoons plus light
- ☐ 2 cups eggnog prepared
- ☐ 8 eggs
- ☐ 1 loaf bread french cut into 1-inch slices

Equipment

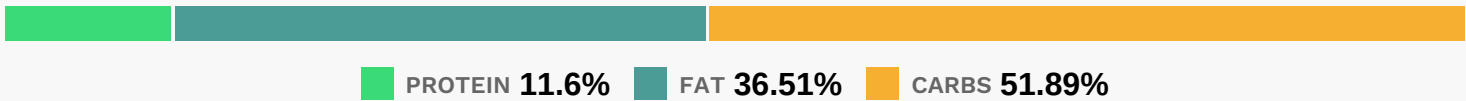
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Lightly grease a 9x13-inch baking dish.
- ☐ Heat the brown sugar, butter, and corn syrup in a small saucepan over medium heat. Cook and stir until the mixture begins to boil; remove the mixture from heat, and pour into the prepared baking dish.
- ☐ Place the bread slices atop the brown sugar mixture.
- ☐ Whisk the eggs and eggnog together in a large bowl; pour over the bread slices. Cover the baking dish with aluminum foil, and refrigerate 8 hours to overnight.
- ☐ Preheat an oven to 325 degrees F (165 degrees C).
- ☐ Remove the baking dish from the refrigerator.
- ☐ Bake in the preheated oven for 35 minutes. Increase heat to 375 degrees F (190 degrees C), remove the aluminum foil, and continue baking until the the top begins to brown, 5 to 7 minutes more.

Nutrition Facts



Properties

Glycemic Index:34.08, Glycemic Load:31.5, Inflammation Score:-6, Nutrition Score:17.915217482525%

Nutrients (% of daily need)

Calories: 635.45kcal (31.77%), Fat: 26.1g (40.15%), Saturated Fat: 14.1g (88.16%), Carbohydrates: 83.45g (27.82%), Net Carbohydrates: 81.98g (29.81%), Sugar: 51.32g (57.03%), Cholesterol: 308.86mg (102.95%), Sodium: 666.81mg (28.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.65g (37.3%), Selenium: 41.31µg (59.02%), Vitamin B2: 0.72mg (42.36%), Vitamin B1: 0.53mg (35.39%), Phosphorus: 284.45mg (28.45%), Folate: 111.35µg (27.84%), Iron: 4.07mg (22.59%), Calcium: 213.51mg (21.35%), Manganese: 0.39mg (19.67%), Vitamin A: 963.94IU (19.28%),

Vitamin B3: 3.39mg (16.97%), Vitamin B12: 0.94µg (15.59%), Vitamin B5: 1.54mg (15.44%), Vitamin D: 2.19µg (14.6%), Zinc: 1.9mg (12.67%), Magnesium: 48.21mg (12.05%), Vitamin B6: 0.23mg (11.45%), Potassium: 352.04mg (10.06%), Vitamin E: 1.37mg (9.15%), Copper: 0.17mg (8.59%), Fiber: 1.47g (5.87%), Vitamin K: 2.22µg (2.12%), Vitamin C: 1.27mg (1.54%)