



Overnight Filled French Toast with Raspberry Sauce

READY IN



545 min.

SERVINGS



6

CALORIES



784 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12 slices bread french thick
- ☐ 6 oz cream cheese softened
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons orange marmalade
- ☐ 0.5 cup cranberries dried
- ☐ 8 eggs
- ☐ 2 cups milk
- ☐ 0.3 cup sugar

- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons butter melted
- ☐ 10 oz raspberries sweetened frozen thawed
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons orange marmalade

Equipment

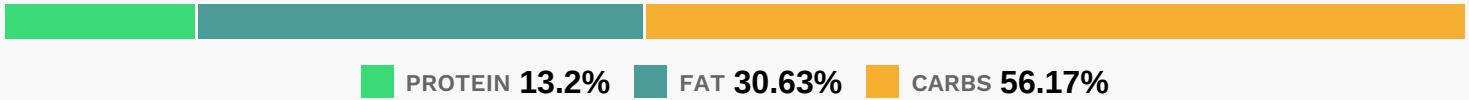
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup
- ☐ glass baking pan

Directions

- ☐ Spray 13x9-inch glass baking dish with cooking spray.
- ☐ Cut almost through each bread slice, cutting from top crust to--but not through--bottom crust. In small bowl, stir together cream cheese, 2 tablespoons sugar, 2 tablespoons marmalade and the cranberries. Open bread slices enough to spread 1 heaping tablespoon cheese mixture evenly on 1 cut surface of each slice. Press bread slices together.
- ☐ Place in baking dish.
- ☐ In medium bowl, beat eggs, milk, 1/4 cup sugar and the salt with wire whisk until well blended.
- ☐ Pour over bread; turn slices carefully to coat. Cover and refrigerate at least 8 hours or overnight.
- ☐ Heat oven to 425°F.
- ☐ Drizzle melted butter over bread.
- ☐ Bake uncovered 20 to 25 minutes or until golden brown.

- ☐
- Meanwhile, drain juice from raspberries into 1-cup glass measuring cup; add enough water to measure 3/4 cup. In 1-quart saucepan, stir together juice mixture, cornstarch, 2 tablespoons sugar and 2 tablespoons marmalade.
- ☐
- Heat to boiling, stirring occasionally; remove from heat. Cool 15 minutes. Stir in raspberries.
- ☐
- Serve sauce with French toast.

Nutrition Facts



Properties

Glycemic Index:63.63, Glycemic Load:65.14, Inflammation Score:-8, Nutrition Score:28.741304293923%

Flavonoids

Cyanidin: 21.69mg, Cyanidin: 21.69mg, Cyanidin: 21.69mg, Cyanidin: 21.69mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.47mg, Pelargonidin: 0.47mg, Pelargonidin: 0.47mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 784.31kcal (39.22%), Fat: 27.14g (41.75%), Saturated Fat: 10.94g (68.37%), Carbohydrates: 111.98g (37.33%), Net Carbohydrates: 105.46g (38.35%), Sugar: 44.83g (49.81%), Cholesterol: 256.63mg (85.54%), Sodium: 1145.36mg (49.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.32g (52.63%), Selenium: 58.95µg (84.22%), Vitamin B1: 1mg (66.81%), Vitamin B2: 1.02mg (60.11%), Manganese: 1.04mg (52.04%), Folate: 198.76µg (49.69%), Phosphorus: 379.78mg (37.98%), Iron: 6.46mg (35.89%), Vitamin B3: 6.67mg (33.36%), Fiber: 6.52g (26.09%), Calcium: 247.08mg (24.71%), Vitamin A: 1103.54IU (22.07%), Vitamin B5: 1.98mg (19.77%), Zinc: 2.78mg (18.53%), Magnesium: 71.61mg (17.9%), Vitamin B12: 1.03µg (17.18%), Vitamin B6: 0.34mg (16.76%), Vitamin C: 13.05mg (15.82%), Copper: 0.31mg (15.26%), Vitamin D: 2.07µg (13.79%), Potassium: 474.68mg (13.56%), Vitamin E: 2.02mg (13.45%), Vitamin K: 6.36µg (6.06%)