



Overnight Filled French Toast with Raspberry Sauce

READY IN



545 min.

SERVINGS



6

CALORIES



753 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2 teaspoons cornstarch
- ☐ 6 oz cream cheese softened
- ☐ 0.5 cup cranberries dried
- ☐ 8 eggs
- ☐ 12 slices bread french thick
- ☐ 2 cups milk
- ☐ 2 tablespoons orange marmalade

- ☐ 10 oz raspberries sweetened frozen thawed
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar

Equipment

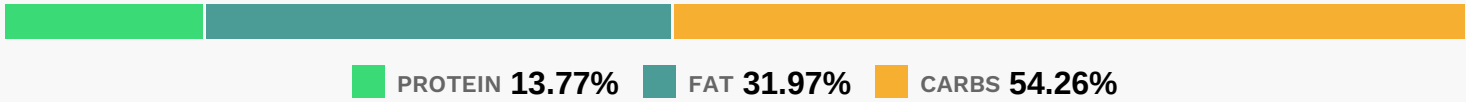
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup
- ☐ glass baking pan

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 425F.
- ☐ 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:51.95, Glycemic Load:62.35, Inflammation Score:-8, Nutrition Score:28.651739224144%

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: 752.51kcal (37.63%), Fat: 27.12g (41.73%), Saturated Fat: 10.94g (68.37%), Carbohydrates: 103.58g (34.53%), Net Carbohydrates: 97.1g (35.31%), Sugar: 36.84g (40.93%), Cholesterol: 256.63mg (85.54%), Sodium: 1141.59mg (49.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.59%), Selenium: 58.89µg (84.13%), Vitamin B1: 1mg (66.79%), Vitamin B2: 1.02mg (59.97%), Manganese: 1.04mg (51.96%), Folate: 198.16µg (49.54%), Phosphorus: 379.51mg (37.95%), Iron: 6.45mg (35.82%), Vitamin B3: 6.67mg (33.34%), Fiber: 6.48g (25.9%), Calcium: 244.5mg (24.45%), Vitamin A: 1099.41IU (21.99%), Vitamin B5: 1.98mg (19.76%), Zinc: 2.78mg (18.51%), Magnesium: 71.48mg (17.87%), Vitamin B12: 1.03µg (17.18%), Vitamin B6: 0.33mg (16.7%), Vitamin C: 12.73mg (15.43%), Copper: 0.3mg (14.94%), Vitamin D: 2.07µg (13.79%), Potassium: 472.13mg (13.49%), Vitamin E: 2.01mg (13.42%), Vitamin K: 6.36µg (6.06%)