



Overnight French Toast

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



503 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pound raisin bread
- 5 eggs
- 2 egg yolk
- 1 cup cup heavy whipping cream
- 0.8 cup brown sugar packed
- 2 teaspoons pumpkin pie spice
- 1 teaspoon peppermint flavoring
- 1 teaspoon vanilla extract

- 3 cups milk
- 0.3 cup butter melted
- 1 serving strawberries fresh

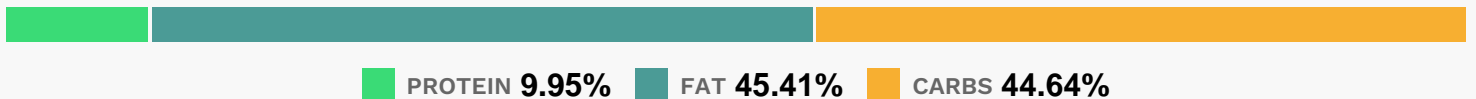
Equipment

- bowl
- oven
- knife
- baking pan

Directions

- Slice ends from bread and discard or save for another use. Slice remaining loaf into eight 1-in. slices and arrange in the bottom of two greased 8-in. square baking pans.
- In a large bowl, beat the eggs, yolks, cream, brown sugar, pie spice and flavorings. Gradually add milk, beating until well blended; pour over bread. Cover and chill overnight.
- Remove from the refrigerator 30 minutes before baking.
- Drizzle with butter.
- Bake, uncovered, at 350° for 45–60 minutes or until a knife inserted in the center comes out clean.
- Serve warm; top with strawberries or syrup if desired.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:21.36, Inflammation Score:-6, Nutrition Score:15.160434857659%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg

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Nutrients (% of daily need)

Calories: 503.37kcal (25.17%), Fat: 25.84g (39.75%), Saturated Fat: 14.13g (88.31%), Carbohydrates: 57.16g (19.05%), Net Carbohydrates: 54.29g (19.74%), Sugar: 29.61g (32.9%), Cholesterol: 210.75mg (70.25%), Sodium: 332.63mg (14.46%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 12.74g (25.48%), Selenium: 25.37µg (36.24%), Vitamin B2: 0.56mg (33.23%), Phosphorus: 250.94mg (25.09%), Manganese: 0.46mg (23.06%), Calcium: 215.97mg (21.6%), Folate: 85.65µg (21.41%), Vitamin A: 979.68IU (19.59%), Vitamin B1: 0.27mg (18.25%), Vitamin D: 2.28µg (15.17%), Vitamin B12: 0.89µg (14.77%), Iron: 2.6mg (14.44%), Vitamin C: 10.94mg (13.26%), Vitamin B5: 1.25mg (12.5%), Fiber: 2.87g (11.49%), Potassium: 397.8mg (11.37%), Vitamin B3: 2.21mg (11.05%), Vitamin B6: 0.19mg (9.36%), Magnesium: 36.41mg (9.1%), Zinc: 1.36mg (9.09%), Copper: 0.16mg (8.04%), Vitamin E: 1.11mg (7.4%), Vitamin K: 3.34µg (3.18%)