



Overnight French Toast

 Dairy Free

READY IN



535 min.

SERVINGS



8

CALORIES



555 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 eggs
- 0.3 cup orange juice
- 3 tablespoons orange juice orange-flavored
- 2 tablespoons sugar
- 0.3 teaspoon vanilla
- 0.3 teaspoon salt
- 16 slices bread french
- 0.5 cup butter

- 0.3 cup sugar
- 0.3 cup orange juice concentrate frozen thawed
- 0.3 cup pomegranate seeds
- 0.5 cup frangelico

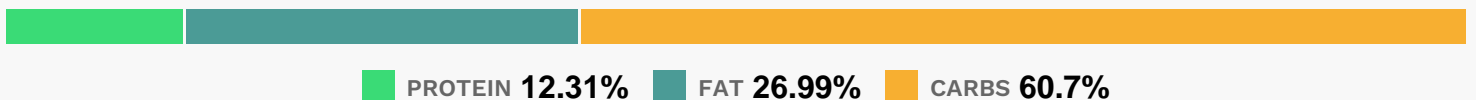
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- In small bowl, beat eggs, half-and-half, orange juice, liqueur, 2 tablespoons sugar, the vanilla and salt with fork. Dip bread into egg mixture, soaking thoroughly; place in ungreased rectangular pan, 15x10x1 inches.
- Pour any remaining egg mixture over bread. Cover loosely and refrigerate at least 8 hours but no longer than 24 hours.
- In 1-quart saucepan, melt butter over medium heat.
- Add 1/3 cup sugar and the orange juice concentrate, stirring until sugar is dissolved.
- Remove from heat; cool slightly. Beat with wire whisk until thick and shiny. Stir in pomegranate seeds. Keep warm.
- Heat griddle to 375°F or heat skillet over medium heat; grease with butter. Cook bread 4 to 5 minutes on each side or until golden brown.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:48.96, Glycemic Load:60.51, Inflammation Score:-8, Nutrition Score:20.694347547448%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 554.91kcal (27.75%), Fat: 16.77g (25.8%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 84.88g (28.29%), Net Carbohydrates: 81.71g (29.71%), Sugar: 22.94g (25.49%), Cholesterol: 81.84mg (27.28%), Sodium: 1009.53mg (43.89%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 17.21g (34.42%), Vitamin B1: 0.97mg (64.67%), Selenium: 43.52µg (62.17%), Folate: 183.99µg (46%), Vitamin B2: 0.68mg (40.18%), Manganese: 0.69mg (34.6%), Vitamin B3: 6.4mg (32%), Vitamin C: 26.06mg (31.59%), Iron: 5.48mg (30.47%), Phosphorus: 193.13mg (19.31%), Vitamin A: 704.55IU (14.09%), Fiber: 3.17g (12.69%), Magnesium: 50.64mg (12.66%), Copper: 0.23mg (11.69%), Zinc: 1.66mg (11.08%), Vitamin B6: 0.22mg (10.85%), Calcium: 90.16mg (9.02%), Vitamin B5: 0.89mg (8.94%), Potassium: 306.45mg (8.76%), Vitamin E: 1.05mg (6.99%), Vitamin B12: 0.21µg (3.5%), Vitamin D: 0.44µg (2.93%), Vitamin K: 1.87µg (1.78%)