



Overnight French Toast

READY IN



535 min.

SERVINGS



8

CALORIES



575 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter
- ☐ 4 eggs
- ☐ 16 slices bread french
- ☐ 0.5 cup half and half
- ☐ 0.3 cup orange juice
- ☐ 3 tablespoons orange juice orange-flavored
- ☐ 0.3 cup orange juice concentrate frozen thawed
- ☐ 0.3 cup pomegranate seeds
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.3 teaspoon vanilla

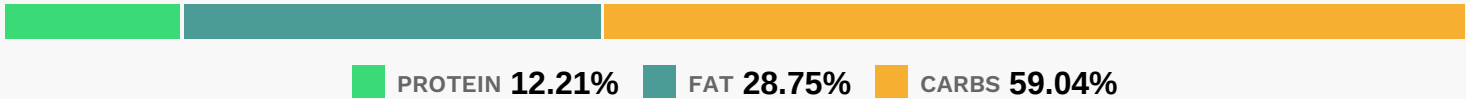
Equipment

- ☐ 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 375F 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:21.146086993425%

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: 574.72kcal (28.74%), Fat: 18.51g (28.48%), Saturated Fat: 4.82g (30.1%), Carbohydrates: 85.53g (28.51%), Net Carbohydrates: 82.36g (29.95%), Sugar: 23.57g (26.18%), Cholesterol: 87.13mg (29.04%), Sodium: 1018.76mg (44.29%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 17.68g (35.37%), Vitamin B1: 0.97mg (64.97%), Selenium: 44µg (62.86%), Folate: 184.45µg (46.11%), Vitamin B2: 0.71mg (41.91%), Manganese: 0.69mg (34.6%), Vitamin B3: 6.42mg (32.09%), Vitamin C: 26.2mg (31.76%), Iron: 5.49mg (30.51%), Phosphorus: 207.5mg (20.75%), Vitamin A: 758.09IU (15.16%), Magnesium: 52.15mg (13.04%), Fiber: 3.17g (12.69%), Copper: 0.24mg (11.76%), Zinc: 1.72mg (11.47%), Vitamin B6: 0.22mg (11.23%), Calcium: 106.34mg (10.63%), Vitamin B5: 0.94mg (9.38%), Potassium: 326.41mg (9.33%), Vitamin E: 1.09mg (7.24%), Vitamin B12: 0.24µg (3.98%), Vitamin D: 0.44µg (2.93%), Vitamin K: 2.06µg (1.96%)