



Overnight French Toast Bake with Berry Topping

 Vegetarian

READY IN



290 min.

SERVINGS



8

CALORIES



1317 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 12 oz berries mixed unsweetened frozen
- 1 tablespoon cornstarch
- 8 eggs
- 12 cups bread french cubed soft (1 inch) (13 oz)
- 1 teaspoon ground cinnamon
- 3 cups half and half
- 0.3 cup orange juice

- 0.5 teaspoon salt
- 3 cups strawberries fresh cut into quarters
- 0.3 cup sugar
- 1 cup sugar
- 2 teaspoons vanilla

Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- glass baking pan

Directions

- Spray bottom and sides of 13x9-inch (3-quart) glass baking dish with cooking spray.
- Place bread cubes in dish. In large bowl, beat eggs, half-and-half, 1/4 cup sugar, the cinnamon, salt and vanilla with wire whisk until smooth; pour over bread cubes. Cover tightly; refrigerate at least 4 hours but no longer than 24 hours.
- Heat oven to 400F. Uncover dish; bake 25 to 35 minutes or until golden brown and knife inserted in center comes out clean.
- Meanwhile, in 2-quart saucepan, stir together 1 cup sugar and the cornstarch. Stir in orange juice until smooth. Stir in mixed berries.
- Heat to boiling over medium heat, stirring constantly. Cook about 6 minutes, stirring constantly, until topping is slightly thickened.
- Remove from heat.
- Just before serving, stir strawberries into topping.
- Serve warm over French toast bake.

Nutrition Facts



■ PROTEIN 14.27% ■ FAT 16.12% ■ CARBS 69.61%

Properties

Glycemic Index:39.71, Glycemic Load:165.44, Inflammation Score:-9, Nutrition Score:46.356956481934%

Flavonoids

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Nutrients (% of daily need)

Calories: 1317.16kcal (65.86%), Fat: 23.76g (36.56%), Saturated Fat: 9.67g (60.42%), Carbohydrates: 230.91g (76.97%), Net Carbohydrates: 220.72g (80.26%), Sugar: 58.51g (65.01%), Cholesterol: 195.44mg (65.15%), Sodium: 2401.13mg (104.4%), Alcohol: 0.34g (100%), Alcohol %: 0.07% (100%), Protein: 47.32g (94.64%), Vitamin B1: 2.6mg (173.21%), Selenium: 118.4µg (169.14%), Folate: 478.18µg (119.55%), Vitamin B2: 1.93mg (113.49%), Manganese: 2.19mg (109.65%), Vitamin B3: 17.71mg (88.53%), Iron: 15.05mg (83.6%), Phosphorus: 565.26mg (56.53%), Vitamin C: 37.52mg (45.47%), Fiber: 10.19g (40.77%), Magnesium: 138.22mg (34.55%), Calcium: 322.21mg (32.22%), Zinc: 4.73mg (31.54%), Copper: 0.63mg (31.35%), Vitamin B6: 0.55mg (27.71%), Vitamin B5: 2.26mg (22.59%), Potassium: 720.05mg (20.57%), Vitamin E: 1.8mg (12.02%), Vitamin A: 601.13IU (12.02%), Vitamin K: 12.04µg (11.47%), Vitamin B12: 0.56µg (9.4%), Vitamin D: 0.88µg (5.87%)