



# Overnight French Toast Bake with Berry Topping

 Vegetarian  Dairy Free

READY IN



290 min.

SERVINGS



8

CALORIES



1198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

## Ingredients

- 12 cups bread french cubed soft (1 inch) ( 13 oz)
- 8 eggs
- 0.3 cup sugar
- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 2 teaspoons vanilla
- 1 cup sugar

- 1 tablespoon cornstarch
- 0.3 cup orange juice
- 12 oz berries mixed unsweetened frozen
- 3 cups strawberries fresh cut into quarters
- 3 cups frangelico

## 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 400°F. 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 14.75% FAT 9.95% CARBS 75.3%

## Properties

Glycemic Index:39.71, Glycemic Load:165.44, Inflammation Score:-9, Nutrition Score:44.385652127473%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 1198.27kcal (59.91%), Fat: 13.33g (20.5%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 227.01g (75.67%), Net Carbohydrates: 216.81g (78.84%), Sugar: 54.76g (60.85%), Cholesterol: 163.68mg (54.56%), Sodium: 2345.77mg (101.99%), Alcohol: 0.34g (100%), Alcohol %: 0.08% (100%), Protein: 44.48g (88.96%), Vitamin B1: 2.57mg (171.4%), Selenium: 115.49µg (164.99%), Folate: 475.46µg (118.87%), Manganese: 2.19mg (109.6%), Vitamin B2: 1.75mg (103.14%), Vitamin B3: 17.61mg (88.03%), Iron: 15mg (83.35%), Phosphorus: 479.05mg (47.91%), Vitamin C: 36.7mg (44.48%), Fiber: 10.19g (40.77%), Magnesium: 129.14mg (32.29%), Copper: 0.62mg (30.94%), Zinc: 4.38mg (29.18%), Vitamin B6: 0.51mg (25.44%), Calcium: 225.11mg (22.51%), Vitamin B5: 2mg (19.96%), Potassium: 600.26mg (17.15%), Vitamin E: 1.58mg (10.51%), Vitamin K: 10.86µg (10.35%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin A: 279.88IU (5.6%)