



Overnight French Toast II



Vegetarian



Popular

READY IN



65 min.

SERVINGS



6

CALORIES



592 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2 tablespoons plus
- ☐ 5 eggs
- ☐ 1 pound bread french sliced
- ☐ 1.5 cups milk
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Combine the corn syrup , butter, and brown sugar in a small saucepan and simmer until the sugar has melted.
- ☐ Pour this mixture over the bottom of a greased 9x13 inch casserole dish.
- ☐ Place the bread slices over the sugar-butter mixture in the dish. In a bowl, beat together the eggs, milk, vanilla, and salt; pour this mixture over the bread. Cover the dish and let it stand in the refrigerator overnight.
- ☐ The next morning, preheat oven to 350 degrees F (175 degrees C).
- ☐ Uncover the pan and bake for 45 minutes.
- ☐ Serve while hot or warm or the French toast will harden in the pan. It can be reheated.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:32.4, Inflammation Score:-6, Nutrition Score:15.70652163547%

Nutrients (% of daily need)

Calories: 592.3kcal (29.62%), Fat: 22.63g (34.81%), Saturated Fat: 12.41g (77.53%), Carbohydrates: 84.05g (28.02%), Net Carbohydrates: 82.38g (29.96%), Sugar: 47.86g (53.17%), Cholesterol: 184.39mg (61.46%), Sodium: 763.75mg (33.21%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 14.99g (29.98%), Selenium: 34.72µg (49.6%), Vitamin B1: 0.59mg (39.39%), Vitamin B2: 0.58mg (34.21%), Folate: 111.15µg (27.79%), Phosphorus: 219.64mg (21.96%), Manganese: 0.43mg (21.7%), Iron: 3.86mg (21.46%), Vitamin B3: 3.79mg (18.93%), Calcium: 170.93mg (17.09%), Vitamin A: 769.55IU (15.39%), Vitamin B12: 0.69µg (11.46%), Vitamin B5: 1.11mg (11.12%), Zinc:

1.57mg (10.47%), Magnesium: 39.75mg (9.94%), Vitamin B6: 0.2mg (9.81%), Vitamin D: 1.4µg (9.36%), Potassium: 284.94mg (8.14%), Copper: 0.16mg (7.99%), Vitamin E: 1.01mg (6.75%), Fiber: 1.66g (6.65%), Vitamin K: 2.15µg (2.04%)