



Overnight Oven-Baked French Toast

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



298 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 16 ounce bread loaf french
- 0.3 cup butter softened
- 4 large eggs
- 2 tablespoons maple syrup
- 1 cup milk
- 0.5 teaspoon salt
- 0.3 cup sugar
- 1 teaspoon vanilla extract

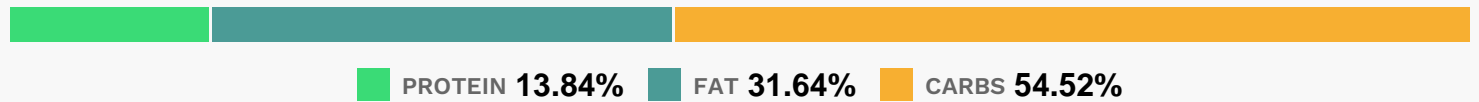
Equipment

- baking sheet
- oven
- whisk
- baking pan

Directions

- Cut bread loaf into about 10 (3/4-inch-thick) slices.
- Spread butter evenly over one cut side of each bread slice.
- Arrange bread, butter side up, in an ungreased 13- x 9-inch baking dish.
- Whisk together eggs and next 5 ingredients; pour over bread, pressing slices down. Cover and chill 8 hours.
- Remove bread slices from baking dish, and place on two lightly greased baking sheets.
- Bake, uncovered, at 350 for 45 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:28.82, Inflammation Score:-4, Nutrition Score:10.89173918185%

Nutrients (% of daily need)

Calories: 298.14kcal (14.91%), Fat: 10.5g (16.15%), Saturated Fat: 5.3g (33.1%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 39.45g (14.34%), Sugar: 13.48g (14.98%), Cholesterol: 111.91mg (37.3%), Sodium: 579.93mg (25.21%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 10.33g (20.67%), Selenium: 24.58µg (35.11%), Vitamin B1: 0.43mg (28.89%), Vitamin B2: 0.47mg (27.41%), Manganese: 0.42mg (21.1%), Folate: 81.7µg (20.43%), Iron: 2.67mg (14.81%), Phosphorus: 141.57mg (14.16%), Vitamin B3: 2.79mg (13.96%), Calcium: 88.36mg (8.84%), Vitamin A: 361.68IU (7.23%), Zinc: 1.08mg (7.2%), Vitamin B5: 0.69mg (6.94%), Vitamin B12: 0.4µg (6.65%), Magnesium: 26.06mg (6.51%), Vitamin B6: 0.12mg (6.11%), Vitamin D: 0.84µg (5.57%), Copper: 0.11mg (5.27%), Fiber: 1.25g (4.99%), Potassium: 160.44mg (4.58%), Vitamin E: 0.56mg (3.74%), Vitamin K: 1.06µg (1.01%)