



WHATSheATE



Overnight Peaches-and-Cream French Toast



Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



478 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 8 large eggs
- ☐ 8 oz bread french sliced
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 30 oz peaches packed in juice, drained sliced canned
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract

☐ 2 cups milk whole

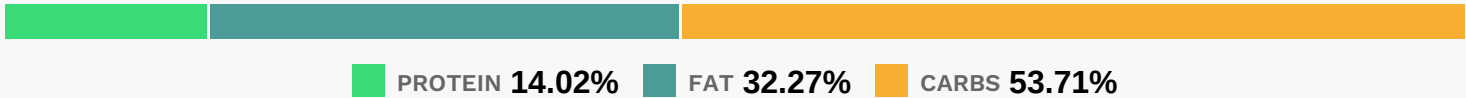
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Butter a 9-by-13-inch baking dish. Arrange bread in a tight, flat layer in dish.
- ☐ In a large bowl, whisk eggs with milk, sugar and vanilla until blended; pour over bread. Arrange peaches on top and sprinkle with brown sugar and cinnamon. Cover tightly and refrigerate for at least 8 hours.
- ☐ Remove baking dish from refrigerator 30 minutes before baking. Preheat oven to 350F.
- ☐ Pour cream into a small pan; bring to a boil over high heat. Cook until reduced by half, about 10 minutes.
- ☐ Drizzle over peaches and bake, uncovered, until casserole is lightly browned on top and just cooked through, 45 to 55 minutes.
- ☐ Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.97, Glycemic Load:27.29, Inflammation Score:-7, Nutrition Score:18.101304303045%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg,

Epigallocatechin 3–gallate: 0.43mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 478kcal (23.9%), Fat: 17.43g (26.81%), Saturated Fat: 8.39g (52.43%), Carbohydrates: 65.28g (21.76%), Net Carbohydrates: 62.23g (22.63%), Sugar: 44.56g (49.52%), Cholesterol: 280.17mg (93.39%), Sodium: 382.2mg (16.62%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Protein: 17.03g (34.06%), Selenium: 36.67µg (52.38%), Vitamin B2: 0.66mg (38.93%), Phosphorus: 297.4mg (29.74%), Vitamin B1: 0.38mg (25.25%), Vitamin A: 1245.9IU (24.92%), Folate: 87.32µg (21.83%), Calcium: 192.83mg (19.28%), Iron: 3.3mg (18.31%), Vitamin B12: 1.06µg (17.74%), Manganese: 0.35mg (17.47%), Vitamin B5: 1.74mg (17.44%), Vitamin D: 2.55µg (16.97%), Vitamin B3: 3.14mg (15.69%), Vitamin E: 2.04mg (13.61%), Potassium: 476.25mg (13.61%), Zinc: 1.97mg (13.14%), Vitamin B6: 0.25mg (12.69%), Fiber: 3.05g (12.19%), Copper: 0.23mg (11.46%), Magnesium: 44.41mg (11.1%), Vitamin C: 5.94mg (7.2%), Vitamin K: 5.65µg (5.38%)