

Peach French Toast

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



587 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 12 slices bread french (3/)
- 1 cup brown sugar packed
- 0.5 cup butter cubed
- 5 eggs
- 8 servings ground cinnamon
- 1.5 cups milk
- 29 ounces peaches drained sliced canned
- 1 tablespoon vanilla extract

2 tablespoons water

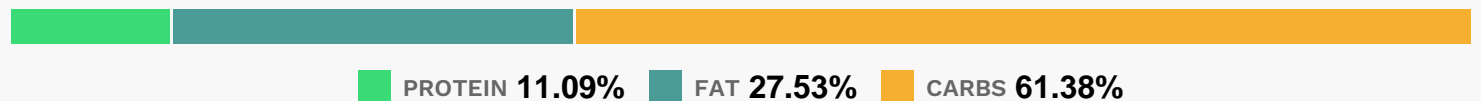
Equipment

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

Directions

- In a small saucepan, bring the brown sugar, butter and water to a boil. Reduce heat; simmer for 10 minutes, stirring frequently.
- Pour into a greased 13-in. x 9-in. baking dish; top with peaches. Arrange bread over peaches.
- In a large bowl, whisk the eggs, milk and vanilla; slowly pour over bread. Cover and refrigerate for 8 hours or overnight.
- Remove from the refrigerator 30 minutes before baking.
- Sprinkle with cinnamon. Cover and bake at 350° for 20 minutes. Uncover; bake 25–30 minutes longer or until a knife inserted near the center of French toast comes out clean.
- Serve with a spoon.

Nutrition Facts



Properties

Glycemic Index:26.72, Glycemic Load:42.81, Inflammation Score:-7, Nutrition Score:20.322608678237%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Catechin: 5.06mg, Catechin: 5.06mg, Catechin: 5.06mg, Catechin: 5.06mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg,

Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg
0.23mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 586.9kcal (29.35%), Fat: 18.21g (28.02%), Saturated Fat: 9.54g (59.62%), Carbohydrates: 91.34g (30.45%),
Net Carbohydrates: 86.63g (31.5%), Sugar: 42.29g (46.99%), Cholesterol: 138.29mg (46.1%), Sodium: 747.17mg
(32.49%), Alcohol: 0.56g (100%), Alcohol %: 0.22% (100%), Protein: 16.5g (33.01%), Selenium: 39.46µg (56.37%),
Vitamin B1: 0.74mg (49.61%), Manganese: 0.95mg (47.3%), Vitamin B2: 0.64mg (37.52%), Folate: 137.99µg (34.5%),
Vitamin B3: 5.59mg (27.97%), Iron: 4.95mg (27.5%), Phosphorus: 229.95mg (22.99%), Fiber: 4.72g (18.86%),
Vitamin A: 918.08IU (18.36%), Calcium: 172.26mg (17.23%), Copper: 0.27mg (13.39%), Magnesium: 51.92mg (12.98%),
Zinc: 1.84mg (12.25%), Vitamin B5: 1.13mg (11.3%), Potassium: 395.28mg (11.29%), Vitamin E: 1.64mg (10.93%),
Vitamin B6: 0.22mg (10.92%), Vitamin B12: 0.52µg (8.6%), Vitamin D: 1.05µg (7.02%), Vitamin K: 5.59µg (5.33%),
Vitamin C: 4.29mg (5.2%)