



Peach French Toast Bake

 Vegetarian

READY IN



535 min.

SERVINGS



6

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 8 ounces baguette whole-wheat
- 3 tablespoons brown sugar
- 4 egg whites
- 0.3 teaspoon ground cinnamon
- 0.5 juice of lemon juiced
- 1 cup milk low fat
- 5 cups peaches fresh sliced
- 1 teaspoon vanilla extract

4 eggs whole

Equipment

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

Directions

- Watch how to make this recipe.
- Spray a 9 by 13-inch baking pan with cooking spray. Slice the baguette into 1/2-inch slices and arrange the slices in a single layer in the baking pan.
- Whisk together the eggs, egg whites, milk and vanilla.
- Pour the egg mixture over the bread in the pan. In a medium bowl, toss peaches with the lemon juice and 1 tablespoon of the brown sugar. Scatter the peach slices evenly on top of the bread.
- Combine the remaining brown sugar and cinnamon and sprinkle over the top. Cover and refrigerate overnight.
- Preheat the oven to 350 degrees F. Uncover and bake for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:16.92, Inflammation Score:-6, Nutrition Score:12.028695562611%

Flavonoids

Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg Catechin: 6.31mg, Catechin: 6.31mg, Catechin: 6.31mg, Catechin: 6.31mg Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg
Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg,
Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg,
Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin:
0.86mg

Nutrients (% of daily need)

Calories: 246.54kcal (12.33%), Fat: 4.58g (7.05%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 39.75g (13.25%),
Net Carbohydrates: 36.98g (13.45%), Sugar: 20.71g (23.01%), Cholesterol: 111.09mg (37.03%), Sodium: 342.25mg
(14.88%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 11.98g (23.96%), Selenium: 23.1µg (33.01%),
Vitamin B2: 0.44mg (25.83%), Vitamin B1: 0.29mg (19.1%), Phosphorus: 166.27mg (16.63%), Folate: 64.08µg
(16.02%), Manganese: 0.29mg (14.27%), Vitamin B3: 2.85mg (14.25%), Vitamin A: 654.26IU (13.09%), Iron: 2.32mg
(12.9%), Calcium: 118.25mg (11.82%), Fiber: 2.77g (11.08%), Potassium: 350.96mg (10.03%), Vitamin B5: 0.98mg
(9.81%), Vitamin E: 1.37mg (9.12%), Copper: 0.18mg (8.8%), Vitamin B12: 0.52µg (8.65%), Magnesium: 31.35mg
(7.84%), Zinc: 1.15mg (7.68%), Vitamin C: 6.23mg (7.55%), Vitamin B6: 0.15mg (7.49%), Vitamin D: 1.02µg (6.8%),
Vitamin K: 5.14µg (4.89%)