



Peaches and Cream French Toast Casserole

 Vegetarian

READY IN



560 min.

SERVINGS



12

CALORIES



636 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 0.5 cup butter unsalted cut into cubes
- ☐ 1 cup brown sugar light packed
- ☐ 2 tablespoons honey
- ☐ 29 oz peaches drained sliced canned
- ☐ 16 oz bread crumbs french italian cut into 1/2-inch cubes
- ☐ 8 oz cream cheese cut into cubes
- ☐ 12 eggs
- ☐ 1 cup milk

- ☐ 0.5 cup whipping cream
- ☐ 1 cup whipping cream
- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon vanilla

Equipment

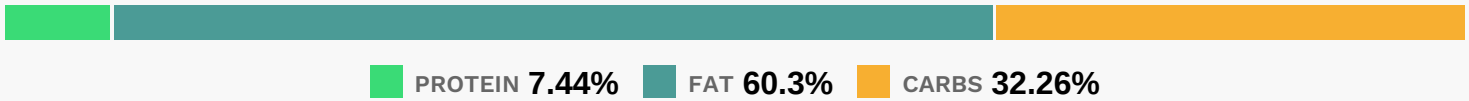
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ ramekin
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ glass baking pan

Directions

- ☐ Lightly grease 12 (1-cup) ramekins or 1 (13x9-inch; 3-quart) glass baking dish with shortening or spray with cooking spray.
- ☐ In 1-quart saucepan, cook butter, brown sugar and honey over medium heat until sugar is dissolved.
- ☐ Pour sugar mixture evenly into bottom of each ramekin. Top each with peach slices.
- ☐ Top peaches with layer of bread cubes, using about half of the bread. Top evenly with cream cheese cubes. Top with enough bread cubes to completely fill ramekins (you may not use all the bread).
- ☐ In large bowl, beat eggs, milk and 1/2 cup whipping cream with whisk until well combined.

- ☐ Pour evenly over bread in ramekins. Cover ramekins with plastic wrap; refrigerate at least 8 hours or overnight.
- ☐ In morning, uncover ramekins; let stand at room temperature 30 minutes. Meanwhile, heat oven to 350°F.
- ☐ Place ramekins on cookie sheets with sides or very shallow baking pan.
- ☐ Bake about 30 minutes or until golden brown and toothpick inserted in center comes out clean.
- ☐ Remove from oven; place on cooling racks. Cool slightly.
- ☐ Meanwhile, in large bowl, beat 1 cup whipping cream, the powdered sugar, cinnamon and vanilla with electric mixer on high speed until stiff peaks form. Dollop casseroles with fresh whipped cream; serve warm. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.54, Glycemic Load:4.52, Inflammation Score:-7, Nutrition Score:10.836521749911%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 636.11kcal (31.81%), Fat: 43.28g (66.58%), Saturated Fat: 24.55g (153.41%), Carbohydrates: 52.1g (17.37%), Net Carbohydrates: 49.7g (18.07%), Sugar: 42.14g (46.82%), Cholesterol: 239.16mg (79.72%), Sodium: 293.09mg (12.74%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 12.02g (24.04%), Vitamin A: 1421.64IU (28.43%), Selenium: 18.2µg (26.01%), Vitamin B2: 0.39mg (22.87%), Phosphorus: 177.4mg (17.74%), Folate: 52.04µg (13.01%), Vitamin B3: 2.37mg (11.87%), Vitamin D: 1.72µg (11.48%), Iron: 2mg (11.12%), Calcium: 108.92mg (10.89%), Vitamin E: 1.63mg (10.87%), Vitamin B5: 1.08mg (10.76%), Vitamin B12: 0.61µg (10.11%), Potassium: 339.14mg (9.69%), Fiber: 2.4g (9.61%), Vitamin B1: 0.11mg (7.28%), Zinc: 1.07mg (7.16%), Vitamin B6: 0.13mg (6.71%), Magnesium: 25.39mg (6.35%), Copper: 0.1mg (5.19%), Manganese: 0.09mg (4.36%), Vitamin K: 4.29µg (4.08%), Vitamin C: 3.01mg (3.65%)