



## Pumpkin French Toast Bake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 0.3 cup brown sugar
- 1 tablespoon butter softened
- 15 ounce pumpkin puree canned
- 8 eggs
- 2 tablespoons flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.3 teaspoon ground nutmeg

- 1 loaf texas toast thick- bread cut into 1-inch cubes
- 1 teaspoon vanilla extract
- 1 tablespoon sugar white

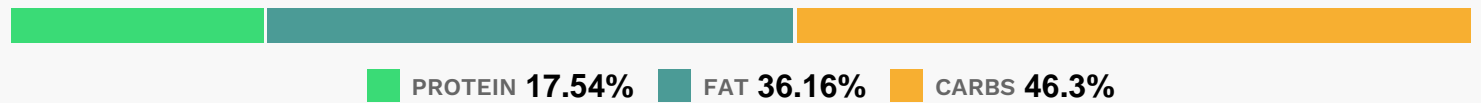
## Equipment

- bowl
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Whisk the eggs, vanilla extract, 2 teaspoons of cinnamon, the cloves, nutmeg, and white sugar together in a bowl; beat in the pumpkin until fully incorporated.
- Arrange the bread cubes in a single layer in the prepared baking dish; pour the pumpkin mixture over the bread cubes, and gently toss to coat.
- Stir 1/3 cup of brown sugar, 1/4 teaspoon of cinnamon, flour, and butter together with a fork in a small bowl until the mixture is crumbly; sprinkle over the bread cubes.
- Bake in preheated oven until golden brown on top, 30 to 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:33.76, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:11.058695596197%

## Nutrients (% of daily need)

Calories: 143.68kcal (7.18%), Fat: 5.84g (8.98%), Saturated Fat: 2.38g (14.91%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 15.13g (5.5%), Sugar: 12.4g (13.78%), Cholesterol: 167.44mg (55.81%), Sodium: 80.07mg (3.48%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 6.37g (12.74%), Vitamin A: 8554.35IU (171.09%), Selenium: 14.5µg (20.72%), Vitamin B2: 0.24mg (14.16%), Phosphorus: 108.87mg (10.89%), Manganese: 0.2mg (9.96%), Iron: 1.7mg (9.46%), Vitamin B5: 0.91mg (9.1%), Vitamin K: 8.96µg (8.53%), Folate: 30.72µg (7.68%), Vitamin E: 1.08mg

(7.2%), Fiber: 1.68g (6.74%), Vitamin B12: 0.39µg (6.58%), Vitamin D: 0.88µg (5.87%), Vitamin B6: 0.11mg (5.5%), Potassium: 187.37mg (5.35%), Copper: 0.1mg (4.87%), Calcium: 48.37mg (4.84%), Magnesium: 19.31mg (4.83%), Zinc: 0.68mg (4.54%), Vitamin B1: 0.05mg (3.04%), Vitamin C: 2.24mg (2.71%), Vitamin B3: 0.36mg (1.78%)