



Skiers' French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



446 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pound un bread white with crust trimmed
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2 tablespoons plus light
- ☐ 5 eggs
- ☐ 1.5 cups milk
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vanilla extract

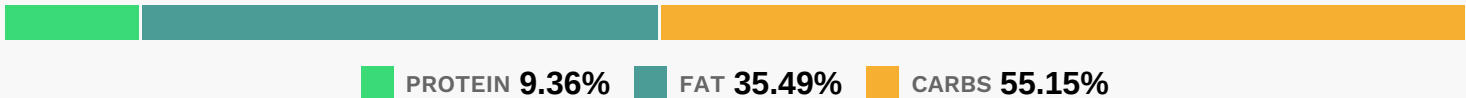
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine light corn syrup, butter and sugar in saucepan; simmer until syrup-like.
- ☐ Pour mixture over the bottom of a 9"x 13" pan.
- ☐ Slice bread into 12-16 slices; place over the syrup.
- ☐ Layer as needed.
- ☐ Beat together the eggs, milk, vanilla, and salt.
- ☐ Pour over bread. Cover with saran wrap. Refrigerate overnight.
- ☐ Bake in a preheated oven 350 degree F (175 degrees C) for 45 minutes.
- ☐ Cut into squares. Invert and serve.

Nutrition Facts



Properties

Glycemic Index:22.72, Glycemic Load:21.5, Inflammation Score:-5, Nutrition Score:11.282173871994%

Nutrients (% of daily need)

Calories: 446.33kcal (22.32%), Fat: 17.63g (27.13%), Saturated Fat: 9.47g (59.19%), Carbohydrates: 61.65g (20.55%), Net Carbohydrates: 60.34g (21.94%), Sugar: 36.44g (40.49%), Cholesterol: 138.29mg (46.1%), Sodium: 502.04mg (21.83%), Alcohol: 0.56g (100%), Alcohol %: 0.4% (100%), Protein: 10.47g (20.93%), Selenium: 22.98µg (32.82%), Vitamin B1: 0.33mg (21.88%), Calcium: 218.48mg (21.85%), Vitamin B2: 0.33mg (19.49%), Folate: 76.56µg (19.14%), Manganese: 0.37mg (18.34%), Phosphorus: 169.33mg (16.93%), Iron: 2.59mg (14.37%), Vitamin B3: 2.81mg (14.05%), Vitamin A: 577.73IU (11.55%), Vitamin B5: 0.95mg (9.49%), Vitamin B12: 0.52µg (8.6%), Zinc: 1.09mg (7.26%), Vitamin D: 1.05µg (7.02%), Vitamin B6: 0.14mg (6.95%), Magnesium: 27.11mg (6.78%), Potassium: 215.37mg (6.15%), Copper: 0.1mg (5.24%), Fiber: 1.3g (5.22%), Vitamin E: 0.77mg (5.1%), Vitamin K: 1.33µg (1.26%)