



Skinny Raspberry French Toast Bake

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 2 teaspoons cornstarch
- 1 cup eggs fat-free
- 1 cup skim milk fat-free (skim)
- 1 lb bread french soft (18 inches long)
- 10 oz raspberries frozen organic thawed cascadian farm®
- 0.5 cup raspberry jam
- 0.3 teaspoon salt
- 0.3 cup sugar

- 1 tablespoon sugar

Equipment

- bowl
- sauce pan
- oven
- whisk
- sieve
- baking pan
- aluminum foil
- glass baking pan

Directions

- Spray bottom and sides of 13x9-inch (3-quart) glass baking dish with cooking spray.
- Cut bread into 24 (3/4-inch-thick) slices.
- Spread 12 slices with cream cheese.
- Spread remaining bread slices with preserves; place over cream cheese to make 12 sandwiches. Arrange in baking dish, pressing together if necessary to fit.
- In medium bowl, beat egg product, milk, 1 tablespoon sugar and the salt with wire whisk until blended.
- Pour over bread in dish.
- Let stand 15 minutes or until liquid is absorbed.
- Heat oven to 400F. Cover dish with foil; bake 10 minutes. Uncover; bake 15 to 20 minutes longer or until golden brown.
- Meanwhile, in 2-quart saucepan, mix sauce ingredients until blended.
- Heat to boiling over medium heat, stirring frequently. Boil 30 seconds to 1 minute or just until thickened.
- Place strainer over medium bowl; pour raspberry mixture into strainer. Press mixture with back of spoon through strainer to remove seeds; discard seeds.
- Serve sauce over French toast.

Nutrition Facts

PROTEIN 14.39% FAT 12.82% CARBS 72.79%

Properties

Glycemic Index:27.91, Glycemic Load:24.68, Inflammation Score:-3, Nutrition Score:8.9434782940408%

Flavonoids

Cyanidin: 10.81mg, Cyanidin: 10.81mg, Cyanidin: 10.81mg, Cyanidin: 10.81mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 211.54kcal (10.58%), Fat: 3.04g (4.67%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 36.26g (13.18%), Sugar: 15.92g (17.69%), Cholesterol: 75.94mg (25.31%), Sodium: 317.98mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Selenium: 17.81µg (25.44%), Vitamin B1: 0.3mg (19.85%), Manganese: 0.37mg (18.44%), Vitamin B2: 0.3mg (17.73%), Folate: 62.94µg (15.73%), Iron: 2.07mg (11.5%), Phosphorus: 111.22mg (11.12%), Fiber: 2.53g (10.1%), Vitamin B3: 2.01mg (10.04%), Vitamin C: 7.44mg (9.01%), Calcium: 66.77mg (6.68%), Vitamin B5: 0.59mg (5.9%), Zinc: 0.85mg (5.7%), Magnesium: 22.75mg (5.69%), Copper: 0.11mg (5.42%), Vitamin B6: 0.1mg (5.13%), Vitamin B12: 0.3µg (4.98%), Potassium: 152.97mg (4.37%), Vitamin D: 0.63µg (4.2%), Vitamin E: 0.51mg (3.43%), Vitamin A: 158.8IU (3.18%), Vitamin K: 2.17µg (2.06%)