



## Slow-Cooker Caramel Apple French Toast

 Vegetarian

READY IN



185 min.

SERVINGS



8

CALORIES



1304 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 10 cups egg bread loaf – crusts french cubed ( )
- 8 eggs
- 0.5 cup milk
- 0.3 cup brown sugar light packed
- 1.5 teaspoons vanilla
- 0.5 teaspoon ground cinnamon
- 8 tablespoons butter softened
- 3 apples peeled coarsely chopped

- 1 cup brown sugar light packed
- 1 teaspoon ground cinnamon
- 1 cup pecans coarsely chopped
- 1 serving mrs richardson's butterscotch caramel sauce salted
- 2 cups frangelico (1 pint)

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- aluminum foil
- slow cooker

## Directions

- Heat oven to 300°F. On large cookie sheet, spread bread cubes.
- Bake 20 to 30 minutes or until dry.
- Line sides of 4- to 5-quart slow cooker with foil that has been folded into thirds; spray with cooking spray. (See tip.)
- In large bowl, beat remaining French Toast ingredients. Fold in bread cubes to coat.
- Let stand 15 minutes, folding occasionally.
- In 8-inch skillet, melt 2 tablespoons of the butter.
- Add apples; cook about 5 minutes, stirring occasionally. Meanwhile, in small bowl, stir together remaining 6 tablespoons butter and remaining Apple-Pecan Filling ingredients until crumbly.
- Spoon half of bread mixture (about 4 cups) into slow cooker. Top with half of the apples.
- Sprinkle with half of the brown sugar mixture. Repeat layers.
- Cover; cook 2 1/2 to 3 hours on Low heat setting or until temperature reaches 160°F and center is set.

Remove foil before serving by loosening edges with table knife.

Sprinkle with powdered sugar and serve with syrup.

## Nutrition Facts

**PROTEIN 10.95%** **FAT 30.06%** **CARBS 58.99%**

### Properties

Glycemic Index:17.5, Glycemic Load:2.83, Inflammation Score:-9, Nutrition Score:40.722173877384%

### Flavonoids

Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 5.25mg, Epicatechin: 5.25mg, Epicatechin: 5.25mg, Epicatechin: 5.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

### Nutrients (% of daily need)

Calories: 1304.07kcal (65.2%), Fat: 43.7g (67.23%), Saturated Fat: 14.42g (90.13%), Carbohydrates: 192.93g (64.31%), Net Carbohydrates: 182.98g (66.54%), Sugar: 52.33g (58.14%), Cholesterol: 346.43mg (115.48%), Sodium: 1310.19mg (56.96%), Alcohol: 0.26g (100%), Alcohol %: 0.07% (100%), Protein: 35.8g (71.61%), Selenium: 103.99µg (148.55%), Manganese: 2.22mg (111.09%), Vitamin B1: 1.42mg (94.92%), Vitamin B2: 1.55mg (91.33%), Folate: 337.16µg (84.29%), Vitamin B3: 14.67mg (73.34%), Iron: 10.48mg (58.23%), Phosphorus: 468.31mg (46.83%), Fiber: 9.95g (39.79%), Calcium: 372.15mg (37.21%), Copper: 0.71mg (35.59%), Vitamin A: 1286.26IU (25.73%), Zinc: 3.64mg (24.28%), Magnesium: 87.34mg (21.84%), Vitamin B5: 1.8mg (17.98%), Potassium: 610.73mg (17.45%), Vitamin B6: 0.35mg (17.31%), Vitamin D: 2.23µg (14.87%), Vitamin B12: 0.8µg (13.37%), Vitamin E: 1.89mg (12.59%), Vitamin K: 5.91µg (5.63%), Vitamin C: 3.33mg (4.03%)