



Slow-Cooker Caramel Apple French Toast

 Vegetarian

READY IN



185 min.

SERVINGS



8

CALORIES



1459 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 apples peeled coarsely chopped
- ☐ 8 tablespoons butter softened
- ☐ 8 servings mrs richardson's butterscotch caramel sauce salted
- ☐ 10 cups egg bread loaf – crusts french cubed ()
- ☐ 8 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 cups half and half (1 pint)

- ☐ 0.3 cup brown sugar light packed
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup milk
- ☐ 1 cup pecans coarsely chopped
- ☐ 1.5 teaspoons vanilla

Equipment

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

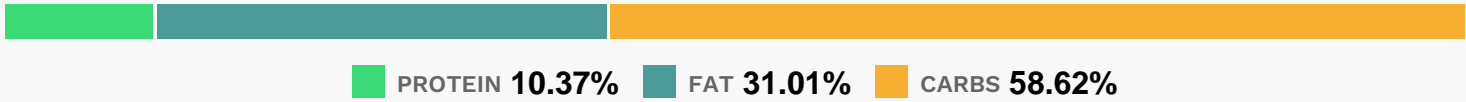
Directions

- ☐ Heat oven to 300F. 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.
- ☐ 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 160F and center is set.

- ☐
- Remove foil before serving by loosening edges with table knife.

☐

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:2.83, Inflammation Score:-9, Nutrition Score:42.7099999955219%

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: 1458.92kcal (72.95%), Fat: 50.66g (77.94%), Saturated Fat: 18.67g (116.72%), Carbohydrates: 215.48g (71.83%), Net Carbohydrates: 205.53g (74.74%), Sugar: 74.78g (83.08%), Cholesterol: 367.61mg (122.54%), Sodium: 1466.45mg (63.76%), Alcohol: 0.26g (100%), Alcohol %: 0.06% (100%), Protein: 38.12g (76.24%), Selenium: 106.38µg (151.97%), Manganese: 2.24mg (112%), Vitamin B2: 1.67mg (98.23%), Vitamin B1: 1.44mg (96.13%), Folate: 339.67µg (84.92%), Vitamin B3: 14.73mg (73.67%), Iron: 10.51mg (58.4%), Phosphorus: 539.44mg (53.94%), Calcium: 454.03mg (45.4%), Fiber: 9.95g (39.79%), Copper: 0.72mg (35.87%), Vitamin A: 1531.93IU (30.64%), Zinc: 3.88mg (25.85%), Magnesium: 95.14mg (23.79%), Potassium: 713.69mg (20.39%), Vitamin B5: 2.03mg (20.28%), Vitamin B6: 0.38mg (18.82%), Vitamin B12: 0.98µg (16.34%), Vitamin D: 2.23µg (14.87%), Vitamin E: 2.06mg (13.71%), Vitamin K: 6.7µg (6.38%), Vitamin C: 4.05mg (4.91%)