



Streusel-Topped French Toast Casserole with Fruit Compote

 Vegetarian

READY IN



575 min.

SERVINGS



8

CALORIES



286 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 cup apple cider
- ☐ 0.3 cup brown sugar
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 0.3 cup cranberries dried
- ☐ 4 large eggs lightly beaten
- ☐ 1 cup skim milk fat-free
- ☐ 6 tablespoons flour all-purpose

- ☐ 0.3 cup golden raisins
- ☐ 0.5 cup granulated sugar
- ☐ 1.3 teaspoons ground cinnamon divided
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 0.3 cup oats
- ☐ 1.5 ounce sourdough bread
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup walnuts chopped

Equipment

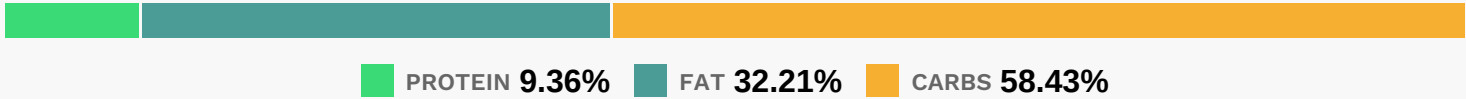
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Bring cider to a boil in a small saucepan. Cook until reduced to 2/3 cup (about 4 minutes).
- ☐ Add cranberries and raisins; let stand 10 minutes.
- ☐ Combine milk, granulated sugar, vanilla, 1/2 teaspoon cinnamon, 1/2 teaspoon salt, and eggs, stirring with a whisk.
- ☐ Coat a 9-inch deep-dish pie plate with cooking spray. Line bottom of dish with half of bread in a single layer.
- ☐ Pour half of egg mixture over bread; let stand 1 minute.
- ☐ Spread cranberry mixture over bread. Top with remaining bread; pour remaining egg mixture over bread. Cover and refrigerate overnight.
- ☐ Combine remaining 3/4 teaspoon cinnamon, 1/4 teaspoon salt, flour, oats, walnuts, and brown sugar in a small bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Cover and refrigerate overnight.
- ☐ Preheat oven to 35

- ☐ Uncover bread mixture and flour mixture.
- ☐ Sprinkle flour mixture evenly over bread mixture.
- ☐ Bake at 350 for 1 hour or until golden brown.
- ☐ Let stand 5 minutes.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:58.91, Glycemic Load:18.58, Inflammation Score:-3, Nutrition Score:7.789130444112%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 285.94kcal (14.3%), Fat: 10.4g (16%), Saturated Fat: 3.89g (24.3%), Carbohydrates: 42.46g (14.15%), Net Carbohydrates: 40.85g (14.85%), Sugar: 30.61g (34.01%), Cholesterol: 105.21mg (35.07%), Sodium: 336.44mg (14.63%), Alcohol: 0.56g (100%), Alcohol %: 0.5% (100%), Protein: 6.8g (13.6%), Manganese: 0.48mg (23.81%), Selenium: 13.24µg (18.92%), Vitamin B2: 0.24mg (14.02%), Phosphorus: 134.16mg (13.42%), Vitamin B1: 0.15mg (9.93%), Folate: 35.43µg (8.86%), Calcium: 80.32mg (8.03%), Iron: 1.41mg (7.86%), Copper: 0.16mg (7.76%), Vitamin B12: 0.41µg (6.82%), Vitamin A: 330.86IU (6.62%), Magnesium: 26.35mg (6.59%), Vitamin B5: 0.65mg (6.49%), Fiber: 1.61g (6.44%), Vitamin B6: 0.12mg (6.19%), Potassium: 212.13mg (6.06%), Zinc: 0.87mg (5.8%), Vitamin D: 0.84µg (5.58%), Vitamin B3: 0.86mg (4.29%), Vitamin E: 0.57mg (3.79%), Vitamin K: 1.34µg (1.27%)