



## Stuffed French Toast Strata with Orange Syrup

READY IN



420 min.

SERVINGS



6

CALORIES



507 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 12 slices raisin bread
- 0.5 cup approx cream cheese spread (from 8-ounce container)
- 0.5 cup orange marmalade
- 2 tablespoons butter softened
- 4 eggs
- 1.5 cups milk
- 1 teaspoon vanilla
- 0.8 cup plus light
- 0.3 cup orange juice concentrate frozen

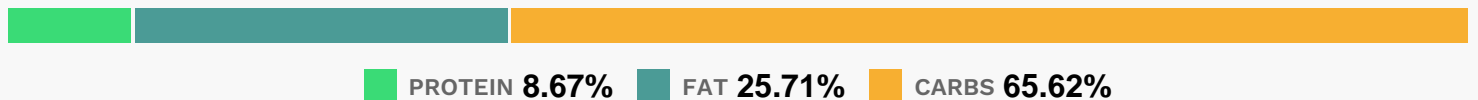
## Equipment

- bowl
- oven
- whisk
- baking pan
- aluminum foil
- microwave

## Directions

- Spray rectangular baking dish, 13x9x2 inches, with cooking spray. Toast 6 slices of the bread; place in pan.
- Spread each slice toast evenly with cream cheese and marmalade. Butter remaining bread slices; place butter sides up on toast.
- Beat eggs, milk and vanilla in medium bowl with wire whisk until blended.
- Pour over bread. Cover with aluminum foil and refrigerate at least 6 hours or overnight.
- Heat oven to 350°. Uncover and bake 35 to 45 minutes or until deep golden brown and slightly puffed.
- Cut between bread slices.
- Serve with Orange Syrup.
- Mix ingredients in small microwavable bowl. Microwave uncovered on High about 1 minute or until heated.

## Nutrition Facts



## Properties

Glycemic Index:21.33, Glycemic Load:25.02, Inflammation Score:-6, Nutrition Score:12.52217400074%

## Nutrients (% of daily need)

Calories: 507.16kcal (25.36%), Fat: 15g (23.08%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 86.14g (28.71%), Net Carbohydrates: 83.6g (30.4%), Sugar: 58.92g (65.46%), Cholesterol: 128.17mg (42.72%), Sodium: 419.3mg (18.23%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 11.38g (22.77%), Selenium: 21.07µg (30.1%), Vitamin B2: 0.45mg (26.76%), Vitamin C: 18.5mg (22.42%), Folate: 80.46µg (20.12%), Vitamin B1: 0.28mg (18.78%), Phosphorus: 185.77mg (18.58%), Calcium: 170.12mg (17.01%), Manganese: 0.28mg (14.19%), Vitamin A: 665.24IU (13.3%), Iron: 2.1mg (11.67%), Vitamin B3: 2.04mg (10.18%), Fiber: 2.54g (10.16%), Vitamin B12: 0.6µg (9.92%), Potassium: 337.69mg (9.65%), Vitamin B5: 0.95mg (9.53%), Vitamin D: 1.26µg (8.38%), Zinc: 1.22mg (8.14%), Vitamin B6: 0.16mg (7.97%), Copper: 0.16mg (7.81%), Magnesium: 29.68mg (7.42%), Vitamin E: 0.72mg (4.77%), Vitamin K: 1.2µg (1.15%)