



Sugar-Free French Toast Casserole

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



650 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 5 cups bread cubed
- 4 eggs
- 2 teaspoons ground cinnamon divided
- 1.5 cups milk
- 0.3 cup granular sucralose sweetener divided splenda® (such as)
- 1 teaspoon vanilla extract

Equipment

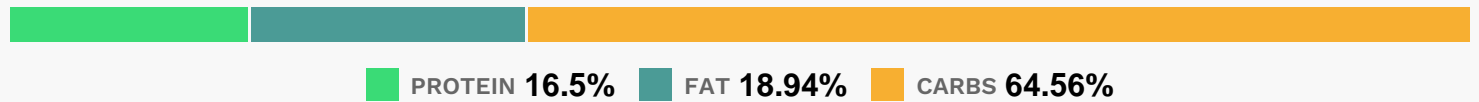
- bowl

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- Line bottom of prepared baking dish with bread cubes. Beat eggs, milk, 2 tablespoons sweetener, 1 teaspoon cinnamon, and vanilla extract together in a bowl; pour mixture over bread cubes.
- Let stand 10 minutes (or refrigerate up to overnight if desired).
- Combine remaining 2 tablespoons sweetener with remaining 1 teaspoon cinnamon; sprinkle mixture over the casserole.
- Bake in the preheated oven until casserole is set and topping is crunchy, 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:25.28, Glycemic Load:55.21, Inflammation Score:-7, Nutrition Score:29.946956313175%

Nutrients (% of daily need)

Calories: 650.32kcal (32.52%), Fat: 13.68g (21.05%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 104.93g (34.98%), Net Carbohydrates: 96.69g (35.16%), Sugar: 21.13g (23.48%), Cholesterol: 116.44mg (38.81%), Sodium: 997.51mg (43.37%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Protein: 26.82g (53.64%), Manganese: 2.48mg (123.94%), Selenium: 66.97µg (95.67%), Vitamin B1: 0.86mg (57.1%), Vitamin B3: 11.12mg (55.59%), Folate: 181.41µg (45.35%), Iron: 7.67mg (42.6%), Vitamin B2: 0.72mg (42.12%), Phosphorus: 374.49mg (37.45%), Calcium: 344.66mg (34.47%), Fiber: 8.24g (32.96%), Magnesium: 92.15mg (23.04%), Vitamin B5: 2.3mg (22.97%), Zinc: 2.69mg (17.95%), Copper: 0.32mg (15.81%), Vitamin B6: 0.31mg (15.36%), Potassium: 414.16mg (11.83%), Vitamin B12: 0.59µg (9.84%), Vitamin K: 10.14µg (9.66%), Vitamin D: 1.26µg (8.38%), Vitamin A: 263.13IU (5.26%), Vitamin E: 0.73mg (4.86%)