



Syrup on the Bottom French Toast Casserole

 Vegetarian

READY IN



550 min.

SERVINGS



15

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound challah bread cut into 1/2-inch slices
- 6 tablespoons plus light
- 1.5 cups brown sugar dark
- 4 large eggs beaten
- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon salt
- 0.8 cup butter unsalted
- 1.5 teaspoons vanilla extract

3 tablespoons sugar white

2.5 cups milk whole

Equipment

bowl

sauce pan

oven

whisk

plastic wrap

casserole dish

aluminum foil

Directions

Lightly grease a 9x13-inch casserole dish.

Combine brown sugar, butter, corn syrup, 1/2 cup whole milk, and 1/8 teaspoon salt in a saucepan over medium heat; cook, stirring constantly, until sugar is dissolved and syrup is smooth, about 5 minutes.

Pour syrup into the prepared casserole dish.

Arrange bread slices atop the syrup layer in the casserole dish.

Whisk 2 1/2 cups milk, eggs, vanilla extract, and 1/4 teaspoon salt in a bowl; pour milk mixture over bread. Cover casserole dish with plastic wrap and refrigerate 8 hours or overnight.

Preheat oven to 350 degrees F (175 degrees C).

Remove plastic wrap from casserole dish.

Mix white sugar and cinnamon together in a small bowl; sprinkle mixture over casserole. Cover casserole with aluminum foil.

Bake in the preheated oven for 20 minutes.

Remove aluminum foil and continue baking until casserole is cooked through and eggs are set, 25 to 30 minutes. The casserole will be syrupy, but should thicken as it cools.

Nutrition Facts



■ PROTEIN 7.16% ■ FAT 36.45% ■ CARBS 56.39%

Properties

Glycemic Index:8.81, Glycemic Load:3.68, Inflammation Score:-3, Nutrition Score:6.8795652082595%

Nutrients (% of daily need)

Calories: 331.02kcal (16.55%), Fat: 13.62g (20.95%), Saturated Fat: 7.49g (46.78%), Carbohydrates: 47.4g (15.8%), Net Carbohydrates: 46.6g (16.94%), Sugar: 33.1g (36.78%), Cholesterol: 94.3mg (31.43%), Sodium: 201mg (8.74%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 6.02g (12.04%), Selenium: 14.43µg (20.61%), Vitamin B2: 0.25mg (14.92%), Vitamin B1: 0.17mg (11.09%), Calcium: 109.83mg (10.98%), Manganese: 0.21mg (10.36%), Phosphorus: 103.28mg (10.33%), Vitamin A: 485.91IU (9.72%), Folate: 38.59µg (9.65%), Vitamin B3: 1.55mg (7.76%), Iron: 1.33mg (7.39%), Vitamin D: 1.01µg (6.7%), Vitamin B12: 0.39µg (6.46%), Vitamin B5: 0.48mg (4.84%), Zinc: 0.64mg (4.25%), Potassium: 147.76mg (4.22%), Vitamin B6: 0.08mg (3.83%), Magnesium: 14.69mg (3.67%), Copper: 0.07mg (3.62%), Vitamin E: 0.51mg (3.38%), Fiber: 0.8g (3.21%), Vitamin K: 1.29µg (1.23%)