

# French Toast Bake

Serves 6

1/2 cup butter, melted  
12 slices of any leftover bread  
1 cup brown sugar  
1 tsp cinnamon  
1/4 tsp nutmeg  
1 tsp vanilla extract  
5 eggs  
1-1/2 cups milk



Butter the bottom and sides of a 9x13 casserole dish. Mix together brown sugar, cinnamon and nutmeg. In a separate bowl whisk eggs, milk & vanilla together.

Cut the bread into 1x2" pieces. Layer bottom of pan with half the bread pieces. Sprinkle half brown sugar mix over the bread. Layer second half of bread. Pour egg mixture over the bread slices, making sure all are covered evenly. Sprinkle remaining brown sugar on top. Drizzle melted butter over the top.

Cover with foil. Preheat oven to 350, then bake the casserole for 30 minutes. Uncover and bake 15 more minutes- until browned and set. For an extra special treat, remove from oven when finished and pour some maple syrup on top and place back in the oven to caramelize for about 5-7 minutes.

*Notes: This can be pre-made as an overnight casserole. Just use whole pieces of bread instead of cutting the bread into smaller pieces.*

*Also, leftover hot dog buns work great! We had a package of Stadium Rolls and chopped them up and baked this dish- it fed all 5 of us plus enough leftovers for 2 more people to eat!*

Nutrition Facts	
Serving Size 194 g	
Amount Per Serving	
<b>Calories</b> 449	Calories from Fat 184
% Daily Value*	
<b>Total Fat</b> 20.4g	<b>31%</b>
Saturated Fat 10.9g	<b>55%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 197mg	<b>66%</b>
<b>Sodium</b> 498mg	<b>21%</b>
<b>Total Carbohydrates</b> 56.6g	<b>19%</b>
Dietary Fiber 1.2g	<b>5%</b>
Sugars 30.8g	
<b>Protein</b> 12.1g	
Vitamin A 15%	Vitamin C 0%
Calcium 23%	Iron 13%
<b>Nutrition Grade D</b>	
* Based on a 2000 calorie diet	

## Nutritional Analysis

### Bad points

- High in [saturated fat](#)
- High in [cholesterol](#)
- High in [sugar](#)
- Contains alcohol