# AMERICAN EGG BOARD CULINARY LIBRARY

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| **M-1011-02 Apple Raisin French Toast** |

**Prep Time: 15 minutes**

**Refrigeration Time: 2 hours or overnight**

**Cook Time: 30 minutes**

**Makes: 8 servings**

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| **WHAT YOU NEED**  |

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|  | **Cooking spray** |
| **1** | **loaf (16 ounces) cinnamon raisin bread, cut into 1-inch cubes** |
| **1** | **package (8 ounces) Neufchatel cheese** |
| **1** | **can (21 ounces) apple pie filling** |
| **8** | **eggs, beaten** |
| **2** | **cups fat-free half and half** |
| **2** | **tablespoons butter, melted** |
| **1-1/2** | **tablespoons ground cinnamon** |
| **1/4** | **cup maple OR pancake syrup** |
| **1/2** | **cup seedless raisins (optional)** |

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| **HERE'S HOW** |

1. **COAT** a 13 x 9-inch baking dish with cooking spray.
2. **SPREAD** bread cubes evenly over bottom of baking dish.
3. **SOFTEN** Neufchatel according to package directions.
4. **COMBINE** Neufchatel, pie filling, eggs, half and half, butter and cinnamon in large bowl. **POUR** egg mixture over bread cubes. **COVER** dish with plastic wrap. **REFRIGERATE** at least 2 hours OR overnight.
5. **PREHEAT** oven to 350°F.
6. **UNCOVER** and **BAKE** casserole 30 to 40 minutes or until knife inserted near center comes out clean. Let **STAND** 10 minutes before serving with maple syrup.

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| **ENJOY** |

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| **INSIDER INFORMATION** |

Casserole can also be baked in individual 8-ounce ramekins. Cut the bread into 1/2-inch cubes and combine with egg mixture. Divide evenly between 8 ramekins that have been coated with cooking spray. Cover with plastic wrap and refrigerate as recipe directs. Bake in preheated 350°F oven 25 to 30 minutes or until knife inserted near center comes out clean.

For added sweetness, stir 1/2 cup seedless raisins into egg mixture.

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| **NUTRITION INFORMATION** |

**Nutrition information per serving (1/8th of casserole):** 463calories; 16g total fat; 6g saturated fat; 1g polyunsaturated fat; 4g monounsaturated fat;

208mg cholesterol; 516mg sodium; 63g carbohydrate; 4g dietary fiber;

17g protein; 588.3IU Vitamin A; 19.4IU Vitamin D; 30.4mcg folate;

133.4mg calcium; 5.0mg iron; 11.2mg choline.

This recipe is an ***excellent* source** of protein and iron, and a ***good*** source of dietary fiber, Vit. A and calcium.