

# Overnight French Toast Casserole

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-french-toast-recipes>

## Ingredients:

- 3 tablespoons granulated sugar
- 3/4 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 6 large eggs
- 1 cup milk anything but skim
- 1 cup half-and-half
- 1 1/2 teaspoons vanilla extract
- 16 ounces sourdough bread such as La Brea, cut into 1-inch slices then slices cut into 1-inch cubes\*
- 2 tablespoons melted butter plus more butter for baking dish
- powdered sugar about 1 tsp, for dusting top, optional
- maple syrup Real, or pancake syrup, for serving
- 1/3 cup all purpose flour
- 1/3 cup light brown sugar packed
- 3/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1/4 cup unsalted butter cold and diced into small cubes

## Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 114 grams
3. Cholesterol: 390 milligrams
4. Fat: 36 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 18 grams
8. Sodium: 1030 milligrams

9. Sugar: 42 grams

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