



Vermont Maple Apple French Toast Bake

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	220 kcal
Protein	12.39 g
Carbohydrate	28.09 g
Total Fat	6.56 g
Saturated Fat	2.11 g
Cholesterol	195.02 mg
Vitamin A	348.44 IU
Vitamin C	1.31 mg
Iron	1.90 mg
Calcium	115.46 mg
Sodium	314.41 mg
Dietary Fiber	3.41 g

EQUIVALENTS: 1 serving provides 1.25 oz equiv grain/bread, 2 oz equiv meat/meat alternate and 1/8 cup fruit.

Recipe HACCP Process: #2 Same Day Service



Vermont Maple Apple French Toast Bake • 48 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			<ol style="list-style-type: none"> 1 Coat two 2-inch full hotel pans with cooking spray. 	<ul style="list-style-type: none"> • Cube leftover bread, even English muffins, and freeze. Make the recipe when you have 1 gallon. • You can use frozen commodity apples (thaw before adding to the recipe) or one #10 can of prepared apple filling. • You can add 2 lb reduced-fat cream cheese, cut into ½-inch cubes. Fold it in with the bread in Step 4. • Slightly frozen bread is easier to cube. • Stir in 1½ quarts of raisins and the recipe will credit for an additional ¼ cup Fruit per serving.
Apples	3 lb		<ol style="list-style-type: none"> 2 Core apples and cut each into 8 wedges. 	
Whole-wheat or whole-grain bread	4 lb		<ol style="list-style-type: none"> 3 Cut bread into 1-inch cubes. 	
Eggs		50 large or 1 gal liquid eggs	<ol style="list-style-type: none"> 4 Lightly beat eggs in a large bowl. Add milk, 1 cup maple syrup (or brown sugar), cinnamon, nutmeg and salt; whisk to combine. Stir in the apple slices, then fold in the bread. 	
Lowfat milk		1 qt + 1 cup		
Maple syrup (grade A or B) or brown sugar		1½ cups, divided		
Ground cinnamon		4 tsp		
Ground nutmeg		2 tsp		
Table salt		1 tsp		
			<ol style="list-style-type: none"> 5 Divide mixture evenly between the prepared pans. Lightly coat sheets of parchment paper with cooking spray and place on top of the French toast. Cover with foil. Refrigerate 6 to 8 hours or overnight. 	
			<ol style="list-style-type: none"> 6 Before baking, let the French toast stand at room temperature for 30 minutes. Preheat convection oven to 325°F or conventional oven to 350°F. 	
			<ol style="list-style-type: none"> 7 Bake for 30 minutes. Remove foil and parchment and rotate the pans end to end. If using brown sugar, sprinkle each pan with ¼ cup. (If using maple syrup, drizzle each pan with ¼ cup <i>after</i> baking.) Bake, uncovered, until set on top and the internal temperature reaches 165°F, about 20 minutes more. Let stand for 10 minutes. Cut each pan into 24 pieces. 	