



# 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
			1 Coat two 2-inch full hotel pans with cooking spray.	<ul style="list-style-type: none"> <li>• Cube leftover bread, even English muffins, and freeze. Make the recipe when you have 1 gallon.</li> <li>• You can use frozen commodity apples (thaw before adding to the recipe) or one #10 can of prepared apple filling.</li> <li>• You can add 2 lb reduced-fat cream cheese, cut into ½-inch cubes. Fold it in with the bread in Step 4.</li> <li>• Slightly frozen bread is easier to cube.</li> <li>• Stir in 1½ quarts of raisins and the recipe will credit for an additional ¼ cup Fruit per serving.</li> </ul>
Apples	3 lb		2 Core apples and cut each into 8 wedges.	
Whole-wheat or whole-grain bread	4 lb		3 Cut bread into 1-inch cubes.	
Eggs		50 large or 1 gal liquid eggs	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		
			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.	
			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.	
			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 after 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.	