



WHATSheATE



Apple Pecan French Toast Muffins



Dairy Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



339 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 tablespoons spiced apple butter prepared
- ☐ 0.3 cup brown sugar
- ☐ 14 ounces cinnamon raisin bread gluten-free for dairy-free and even options (see my notes in the article above)
- ☐ 1 cup non-dairy milk alternative (rice, soy, almond, hemp, flax, coconut beverage ... your choice!)
- ☐ 2 large eggs (see my notes above on egg-free options)
- ☐ 1 cup georgia pecans chopped
- ☐ 8 servings powdered sugar
- ☐ 0.3 teaspoon salt

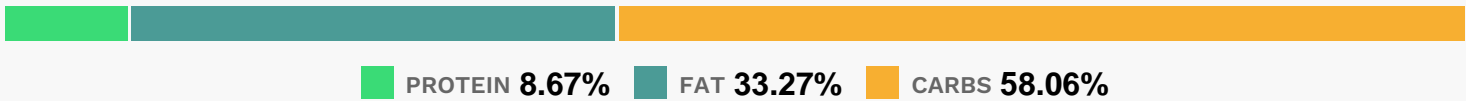
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Preheat your oven to 375°F and line eight muffin cups with foil cupcake liners.In a large bowl, beat eggs, milk and salt until blended.Tear the bread into small bite-size pieces, and toss it into the bowl, stirring well to evenly moisten all of the pieces.
- ☐ Sprinkle brown sugar and pecans over the bread and toss again lightly to distribute.Spoon some of bread mixture into bottom of each lined muffin cup, filling each cup about 1/3 full. Spoon 1/2 tablespoon of the apple butter on top of each. Spoon another portion of bread mixture on top to fill each muffin cup about 3/4 full. Spoon the remaining 1/2 tablespoon apple butter on top of each and finish with remaining bread mixture, mounding it to generously fill each cup. Lightly press down on mixture in each muffin cup to pack firmly.
- ☐ Bake the muffins for 20 minutes or until firm, golden brown and slightly springy in the center.
- ☐ Sprinkle the tops with powdered sugar and serve warm or at room temperature with maple syrup, if desired.

Nutrition Facts



Properties

Glycemic Index:14.3, Glycemic Load:17.26, Inflammation Score:-4, Nutrition Score:11.378260752429%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 339.25kcal (16.96%), Fat: 12.92g (19.88%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 50.73g (16.91%), Net Carbohydrates: 47.03g (17.1%), Sugar: 24.6g (27.33%), Cholesterol: 46.5mg (15.5%), Sodium: 281.96mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Manganese: 0.87mg (43.37%), Selenium: 15.11µg (21.58%), Vitamin B2: 0.33mg (19.65%), Vitamin B1: 0.27mg (18.31%), Folate: 70.86µg (17.72%), Copper: 0.31mg (15.47%), Fiber: 3.69g (14.78%), Vitamin B3: 2.87mg (14.33%), Iron: 2.22mg (12.34%), Phosphorus: 114.74mg (11.47%), Calcium: 97.92mg (9.79%), Vitamin B6: 0.16mg (7.97%), Vitamin E: 1.2mg (7.97%), Zinc: 1.16mg (7.75%), Magnesium: 30.67mg (7.67%), Vitamin B12: 0.43µg (7.16%), Potassium: 246.99mg (7.06%), Vitamin B5: 0.51mg (5.08%), Vitamin D: 0.6µg (4.03%), Vitamin A: 194.1IU (3.88%), Vitamin C: 2.41mg (2.92%), Vitamin K: 1.47µg (1.4%)