



Baked Blueberry-Pecan French Toast with Blueberry Syrup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



568 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 24 inch crusty baguette
- ☐ 6 ounces blueberries
- ☐ 1 cup brown sugar packed
- ☐ 6 large eggs
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup maple syrup pure
- ☐ 0.5 teaspoon nutmeg freshly grated

- ☐ 3 ounces pecans
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter unsalted
- ☐ 1 teaspoon vanilla
- ☐ 3 cups milk whole

Equipment

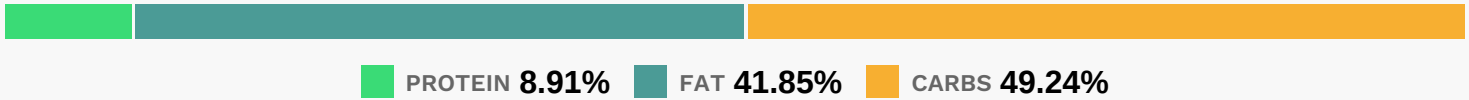
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Butter a 13 x 9-inch baking dish.
- ☐ Cut twenty 1-inch slices from baguette and arrange in one layer in baking dish. In a large bowl whisk together eggs, milk, nutmeg, vanilla, and 3/4 cup brown sugar and pour evenly over bread. Chill mixture, covered, until all liquid is absorbed by bread, at least 8 hours, and up to 1 day.
- ☐ Preheat oven to 350°F.
- ☐ In a shallow baking pan spread pecans evenly and toast in middle of oven until fragrant, about 8 minutes. Toss pecans in pan with 1 teaspoon butter and salt.
- ☐ Increase temperature to 400°F.
- ☐ Sprinkle pecans and blueberries evenly over bread mixture.
- ☐ Cut 1/2 stick butter into pieces and in a small saucepan heat with remaining 1/4 cup brown sugar, stirring, until butter is melted.
- ☐ Drizzle butter mixture over bread and bake mixture 20 minutes, or until any liquid from blueberries is bubbling.

- ☐
- In a small saucepan cook blueberries and maple syrup over moderate heat until berries have burst, about 3 minutes.
- ☐
- Pour syrup through a sieve into a heatproof pitcher, pressing on solids, and stir in lemon juice. Syrup may be made 1 day ahead and chilled, covered. Reheat syrup before serving.
- ☐
- Serve French toast with syrup.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:13.58, Inflammation Score:-6, Nutrition Score:17.627825965052%

Flavonoids

Cyanidin: 3.92mg, Cyanidin: 3.92mg, Cyanidin: 3.92mg, Cyanidin: 3.92mg Petunidin: 8.94mg, Petunidin: 8.94mg, Petunidin: 8.94mg, Petunidin: 8.94mg Delphinidin: 11.08mg, Delphinidin: 11.08mg, Delphinidin: 11.08mg, Delphinidin: 11.08mg Malvidin: 19.16mg, Malvidin: 19.16mg, Malvidin: 19.16mg, Malvidin: 19.16mg Peonidin: 5.75mg, Peonidin: 5.75mg, Peonidin: 5.75mg, Peonidin: 5.75mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 568.07kcal (28.4%), Fat: 26.97g (41.5%), Saturated Fat: 9.68g (60.48%), Carbohydrates: 71.42g (23.81%), Net Carbohydrates: 69.12g (25.14%), Sugar: 61.76g (68.62%), Cholesterol: 220.98mg (73.66%), Sodium: 291.16mg (12.66%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Protein: 12.92g (25.84%), Manganese: 1.45mg (72.35%), Vitamin B2: 0.8mg (47.33%), Selenium: 20.52µg (29.32%), Phosphorus: 278.87mg (27.89%), Calcium: 262.89mg (26.29%), Vitamin B12: 1.12µg (18.66%), Vitamin B1: 0.27mg (18.06%), Vitamin D: 2.48µg (16.56%), Vitamin B5: 1.48mg (14.8%), Vitamin A: 727.57IU (14.55%), Zinc: 2.13mg (14.17%), Potassium: 460.12mg (13.15%), Magnesium: 51.8mg (12.95%), Copper: 0.26mg (12.86%), Vitamin B6: 0.23mg (11.57%), Iron: 1.96mg (10.91%), Folate: 40.47µg (10.12%), Fiber: 2.3g (9.19%), Vitamin E: 1.2mg (7.99%), Vitamin K: 7.45µg (7.1%), Vitamin B3: 0.98mg (4.92%), Vitamin C: 3.88mg (4.7%)