



Baked Caramel-Banana French Toast

 Vegetarian

READY IN



305 min.

SERVINGS



8

CALORIES



587 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 medium banana ripe sliced
- 1 cup t brown sugar dark packed
- 2 tablespoons rum dark
- 8 large eggs
- 2 cups half and half
- 0.3 teaspoon salt
- 8 tablespoons butter unsalted (1 stick)
- 1 tablespoon vanilla extract

20 oz sandwich bread white

Equipment

bowl

frying pan

oven

knife

whisk

baking pan

aluminum foil

Directions

Melt butter in a large skillet over medium-low heat.

Add brown sugar and rum, if desired; stir until smooth.

Remove from heat and stir in bananas.

Scatter half of bread in a 9-by-13-inch baking dish. Spoon caramel-banana mixture evenly over bread. Top with remaining bread. In a large bowl, whisk eggs until blended.

Whisk in half and half, vanilla and salt.

Pour over bread mixture, pressing down on bread to make sure it's all coated. Cover with foil and refrigerate at least 4hours or overnight.

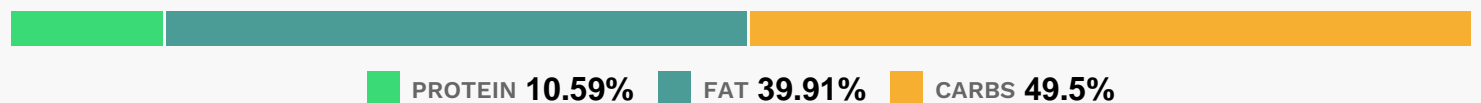
Preheat oven to 350F.

Let baking dish stand at room temperature while the oven preheats.

Remove foil and bake until puffed and golden and a thin knife inserted in center comes out clean, about 40minutes.

Let cool for 5minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.07, Glycemic Load:28.12, Inflammation Score:-6, Nutrition Score:16.585652061131%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 586.59kcal (29.33%), Fat: 25.71g (39.55%), Saturated Fat: 13.62g (85.15%), Carbohydrates: 71.75g (23.92%), Net Carbohydrates: 69.35g (25.22%), Sugar: 36.96g (41.06%), Cholesterol: 237.27mg (79.09%), Sodium: 528.36mg (22.97%), Alcohol: 1.81g (100%), Alcohol %: 0.89% (100%), Protein: 15.35g (30.7%), Selenium: 34.49µg (49.28%), Vitamin B2: 0.54mg (32%), Folate: 110.58µg (27.64%), Vitamin B1: 0.41mg (27.18%), Calcium: 270.16mg (27.02%), Manganese: 0.54mg (26.83%), Phosphorus: 247.76mg (24.78%), Iron: 3.57mg (19.81%), Vitamin B3: 3.72mg (18.58%), Vitamin A: 853.62IU (17.07%), Vitamin B6: 0.3mg (15.04%), Vitamin B5: 1.47mg (14.72%), Potassium: 379.82mg (10.85%), Magnesium: 42.1mg (10.53%), Zinc: 1.57mg (10.49%), Vitamin B12: 0.58µg (9.73%), Fiber: 2.4g (9.59%), Copper: 0.17mg (8.48%), Vitamin D: 1.21µg (8.07%), Vitamin E: 1.19mg (7.91%), Vitamin C: 3.11mg (3.77%), Vitamin K: 2.21µg (2.1%)