



WHATSheATE



## Baked Caramel-Banana French Toast



Vegetarian

READY IN



305 min.

SERVINGS



8

CALORIES



587 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 medium bananas ripe sliced
- ☐ 1 cup 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 torn into white

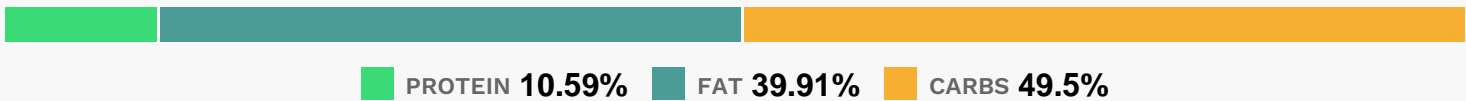
## Equipment

- ☐ 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%)