



Baked French Toast with Pecan Crumble



Vegetarian



Gluten Free

READY IN



225 min.

SERVINGS



8

CALORIES



432 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 large egg yolk
- ☐ 4 large eggs
- ☐ 0.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoons nutmeg
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.5 teaspoons kosher salt
- ☐ 2 tablespoons brown sugar light
- ☐ 0.5 cup pecans

- ☐ 8 servings blackberries
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons butter unsalted chilled cut into pieces
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups milk whole

Equipment

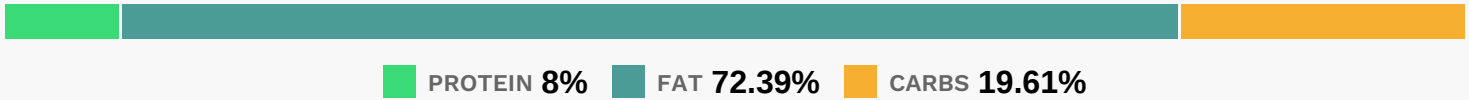
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Spread out bread on a rimmed baking sheet; let stand overnight.
- ☐ Butter a 13x9" baking dish.
- ☐ Cut bread so slices are similar in size. Arrange, overlapping, in rows in prepared dish.
- ☐ Whisk eggs, egg yolks, cream, milk, sugar, vanilla, cinnamon, nutmeg, and salt in a medium bowl.
- ☐ Pour over bread, pressing bread to help it soak up custard. Cover and chill at least 2 hours.
- ☐ DO AHEAD: Bread can be soaked 1 day ahead. Keep chilled.
- ☐ Preheat oven to 375°F. Pulse pecans, butter, brown sugar, and salt in a food processor until nuts are coarsely chopped.
- ☐ Scatter pecan crumble over soaked bread.
- ☐ Place dish on a rimmed baking sheet and cover tightly with foil.

- ☐
- Bake until warmed through (a knife inserted into the center should feel warm to the touch), 25–30 minutes.
- ☐
- Remove foil and bake until deeply browned, 35–40 minutes longer.
- ☐
- Let cool slightly before serving with Blackberry Syrup.
- ☐
- DO AHEAD: Pecan mixture can be made 1 day ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:27.26, Glycemic Load:9.87, Inflammation Score:-6, Nutrition Score:10.116956399835%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 432.23kcal (21.61%), Fat: 35.45g (54.53%), Saturated Fat: 18.63g (116.42%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 20.86g (7.59%), Sugar: 20.59g (22.88%), Cholesterol: 266.88mg (88.96%), Sodium: 225.6mg (9.81%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 8.82g (17.64%), Vitamin A: 1324.61IU (26.49%), Selenium: 15.77µg (22.53%), Vitamin B2: 0.37mg (21.63%), Phosphorus: 197.47mg (19.75%), Vitamin D: 2.63µg (17.56%), Manganese: 0.33mg (16.46%), Calcium: 148.97mg (14.9%), Vitamin B12: 0.82µg (13.65%), Vitamin B5: 1.08mg (10.81%), Vitamin E: 1.24mg (8.28%), Zinc: 1.21mg (8.05%), Vitamin B1: 0.11mg (7.52%), Vitamin B6: 0.15mg (7.27%), Folate: 28.39µg (7.1%), Potassium: 225.6mg (6.45%), Magnesium: 23.3mg (5.83%), Copper: 0.11mg (5.63%), Iron: 0.94mg (5.2%), Fiber: 0.74g (2.96%), Vitamin K: 2.92µg (2.78%), Vitamin B3: 0.21mg (1.06%)