



Baked French Toast with Pecan Crumble

 Vegetarian

READY IN



225 min.

SERVINGS



8

CALORIES



595 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pound egg bread loaf – crusts thick sliced
- ☐ 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

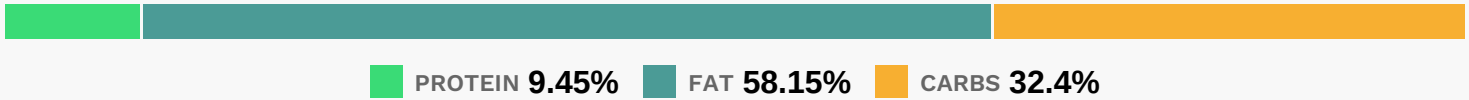
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

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:-7, Nutrition Score:16.473912933598%

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: 594.96kcal (29.75%), Fat: 38.85g (59.77%), Saturated Fat: 19.53g (122.05%), Carbohydrates: 48.7g (16.23%), Net Carbohydrates: 46.66g (16.97%), Sugar: 21.6g (24%), Cholesterol: 295.8mg (98.6%), Sodium: 441.06mg (19.18%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 14.21g (28.41%), Selenium: 32.84µg (46.91%), Vitamin B2: 0.61mg (36.17%), Manganese: 0.61mg (30.63%), Vitamin A: 1444.24IU (28.88%), Phosphorus: 257.57mg (25.76%), Vitamin B1: 0.36mg (24.07%), Folate: 87.92µg (21.98%), Calcium: 201.7mg (20.17%), Vitamin D: 2.86µg (19.08%), Vitamin B3: 2.96mg (14.81%), Iron: 2.66mg (14.78%), Vitamin B12: 0.88µg (14.59%), Vitamin B5: 1.24mg (12.41%), Zinc: 1.66mg (11.04%), Copper: 0.2mg (10.22%), Vitamin E: 1.39mg (9.26%), Vitamin B6: 0.18mg (9.09%), Magnesium: 34.08mg (8.52%), Potassium: 290.81mg (8.31%), Fiber: 2.04g (8.17%), Vitamin K: 3.43µg (3.27%)