



## Banana Bread French Toast

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



515 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 loaf banana bread
- 2 tablespoons butter
- 3 eggs
- 3 tablespoons condensed milk sweetened
- 1 teaspoon vanilla extract

### Equipment

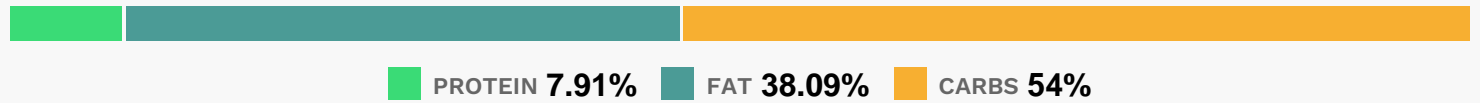
- bowl
- frying pan

whisk

## Directions

- In a shallow bowl, whisk together the eggs, sweetened condensed milk and vanilla with a fork. Set aside.
- Melt butter in a large skillet over medium heat. Slice banana bread into 4 thick slices. Dip each slice into the egg mixture, then place in the hot pan. Cook on each side until golden brown. Dust with confectioners' sugar just before serving, if desired.

## Nutrition Facts



## Properties

Glycemic Index:27.75, Glycemic Load:4.98, Inflammation Score:-6, Nutrition Score:10.423043276953%

## Nutrients (% of daily need)

Calories: 515.16kcal (25.76%), Fat: 21.93g (33.74%), Saturated Fat: 7.97g (49.82%), Carbohydrates: 69.95g (23.32%), Net Carbohydrates: 68.72g (24.99%), Sugar: 8.41g (9.35%), Cholesterol: 191.29mg (63.76%), Sodium: 450.76mg (19.6%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 10.24g (20.48%), Selenium: 26.03µg (37.19%), Vitamin B2: 0.44mg (25.97%), Vitamin A: 947.8IU (18.96%), Phosphorus: 170.28mg (17.03%), Vitamin B1: 0.22mg (14.71%), Folate: 54.49µg (13.62%), Manganese: 0.25mg (12.38%), Iron: 2.18mg (12.13%), Vitamin B6: 0.23mg (11.65%), Vitamin B5: 0.93mg (9.28%), Calcium: 86.5mg (8.65%), Vitamin B3: 1.69mg (8.45%), Vitamin B12: 0.48µg (8.07%), Potassium: 255.1mg (7.29%), Zinc: 0.97mg (6.45%), Magnesium: 23.87mg (5.97%), Copper: 0.11mg (5.39%), Fiber: 1.24g (4.95%), Vitamin D: 0.69µg (4.6%), Vitamin E: 0.53mg (3.55%), Vitamin C: 2.3mg (2.79%)