



Banana Bread French Toast

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



889 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon baking soda
- 1 loaf banana bread
- 1 cup poached berries fresh
- 0.3 cup butter
- 0.8 cups buttermilk
- 2 eggs
- 0.3 cup milk
- 1.5 cups sugar

1 tablespoon vanilla

Equipment

frying pan

sauce pan

whisk

Directions

To make buttermilk syrup, in 2-quart saucepan, stir syrup ingredients until well blended.

Heat to boiling. Cook 7 minutes, stirring constantly.

Remove from heat; beat in vanilla with whisk. Keep warm.

Heat nonstick skillet or griddle over medium heat.

Cut banana bread into 1-inch-thick slices. In shallow dish or pan, beat eggs and milk until well mixed. Coat bread slices on both sides with egg mixture; place in hot skillet. Cook until golden brown on each side.

Serve with buttermilk syrup and garnish with berries. Enjoy!

Nutrition Facts



PROTEIN 4.38% **FAT 31.63%** **CARBS 63.99%**

Properties

Glycemic Index:47.27, Glycemic Load:53.31, Inflammation Score:-7, Nutrition Score:11.971739198851%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 888.77kcal (44.44%), Fat: 31.71g (48.79%), Saturated Fat: 14.09g (88.05%), Carbohydrates: 144.34g (48.11%), Net Carbohydrates: 142.06g (51.66%), Sugar: 81.56g (90.62%), Cholesterol: 177.67mg (59.22%), Sodium: 820.7mg (35.68%), Alcohol: 1.12g (100%), Alcohol %: 0.43% (100%), Protein: 9.88g (19.76%), Selenium: 23µg (32.86%), Vitamin B2: 0.46mg (27.18%), Vitamin A: 1262.93IU (25.26%), Phosphorus: 171.46mg (17.15%), Vitamin B1: 0.25mg (16.38%), Manganese: 0.31mg (15.56%), Folate: 52.99µg (13.25%), Vitamin B6: 0.26mg (12.8%), Iron: 2.09mg (11.6%), Calcium: 115.2mg (11.52%), Vitamin B12: 0.63µg (10.5%), Vitamin B3: 1.92mg (9.62%), Vitamin B5: 0.94mg (9.37%), Fiber: 2.28g (9.14%), Potassium: 296.51mg (8.47%), Vitamin D: 1.19µg (7.95%), Vitamin K: 7.93µg (7.55%), Magnesium: 27.43mg (6.86%), Zinc: 0.97mg (6.44%), Copper: 0.13mg (6.43%), Vitamin E: 0.89mg (5.97%), Vitamin C: 2.88mg (3.49%)