



Banana-Nut French Toast Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



1311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups walnut halves
- 6 large eggs
- 1.5 cups cup heavy whipping cream
- 2 tablespoons vanilla extract pure
- 0.5 teaspoon ground cinnamon
- 1 inch nutmeg
- 1 inch salt
- 6 banana firm ripe peeled cut into ¼-inch rounds

- 1.5 cups brown sugar packed
- 12 slices egg bread loaf – crusts such as brioche or challah, preferably day old thick ()
- 8 tablespoons butter unsalted (1 stick)
- 4 tablespoons vegetable oil

Equipment

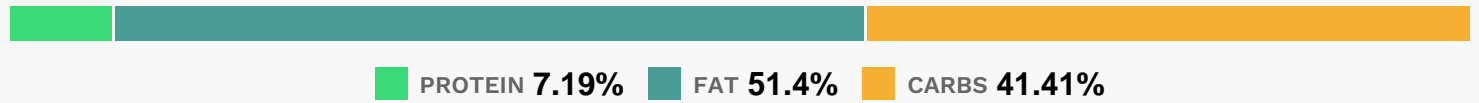
- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- baking pan

Directions

- Preheat oven to 350 degrees.
- Place walnut halves on a rimmed baking sheet, and toast until lightly browned and fragrant, about 10 minutes. Set aside. When cool, chop walnuts coarsely.
- Whisk together eggs, cream, vanilla extract, cinnamon, nutmeg, and salt in a medium bowl, and set aside.
- Combine bananas, dark-brown sugar, and toasted walnuts in another bowl.
- Lay out 6 slices of bread on work surface. Top each slice with 1/3 cup of the banana mixture. Top with remaining bread slices; press gently to seal the sandwiches.
- Place sandwiches in a shallow baking dish (or two dishes) large enough to hold them in a single layer.
- Pour egg mixture over bread, and soak 10 minutes. Carefully turn sandwiches over, and soak until bread is soaked through, about 10 minutes more.
- Reduce oven temperature to 250 degrees.
- Place a wire rack on a baking sheet; set aside.

- Heat remaining banana mixture in a small skillet over medium–low heat until sugar is melted and bananas are soft and slightly translucent, about 3 minutes.
- Add 4 tablespoons butter, and stir to combine; keep warm.
- Heat 2 tablespoons butter and 2 tablespoons vegetable oil in a large skillet over medium heat. Fry half of the sandwiches until golden brown, 2 to 3 minutes per side.
- Transfer to wire rack, and place in oven while cooking remaining sandwiches. Wipe out skillet, and repeat with remaining butter, oil, and bread. Keep in oven until ready to serve.
- Cut into triangles, and serve with warm banana mixture and maple syrup, if desired.

Nutrition Facts



Properties

Glycemic Index:24.96, Glycemic Load:13.5, Inflammation Score:-9, Nutrition Score:33.34565216562%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1311.09kcal (65.55%), Fat: 76.33g (117.43%), Saturated Fat: 29.88g (186.73%), Carbohydrates: 138.36g (46.12%), Net Carbohydrates: 130.77g (47.55%), Sugar: 72.93g (81.03%), Cholesterol: 347.43mg (115.81%), Sodium: 515.98mg (22.43%), Alcohol: 1.49g (100%), Alcohol %: 0.42% (100%), Protein: 24.04g (48.07%), Manganese: 1.94mg (97.08%), Selenium: 52.51µg (75.01%), Vitamin B2: 0.94mg (55.48%), Folate: 190.69µg (47.67%), Vitamin B1: 0.63mg (42.3%), Copper: 0.81mg (40.28%), Vitamin B6: 0.79mg (39.43%), Vitamin A: 1916.82IU (38.34%), Phosphorus: 380.44mg (38.04%), Vitamin B3: 6.42mg (32.1%), Iron: 5.74mg (31.86%), Fiber: 7.59g (30.36%), Magnesium: 114.63mg (28.66%), Calcium: 253mg (25.3%), Potassium: 884.2mg (25.26%), Vitamin K: 22.42µg (21.35%), Vitamin E: 2.85mg (19%), Vitamin B5: 1.87mg (18.73%), Zinc: 2.75mg (18.34%), Vitamin D: 2.66µg (17.71%), Vitamin C: 11.01mg (13.35%), Vitamin B12: 0.68µg (11.3%)