



Banana Stuffed French Toast

 Vegetarian

READY IN



43 min.

SERVINGS



6

CALORIES



1223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 bananas ripe sliced
- 1.5 pound loaf un bread french
- 2 cups brown sugar
- 12 tablespoons butter
- 2 cups crunchy corn cereal crushed (recommended: Corn Flakes)
- 12 eggs
- 2 teaspoons ground cinnamon
- 0.3 teaspoon ground nutmeg

- 0.3 cup pancake mix
- 0.5 cup sugar
- 0.3 teaspoon vanilla extract
- 1 cup walnuts chopped

Equipment

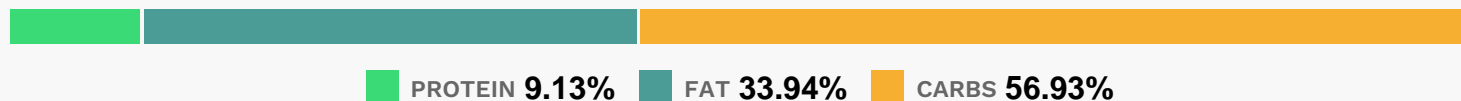
- bowl
- frying pan
- whisk
- grill

Directions

- In a large bowl, combine the pancake mix with enough water to make a thin batter.
- Add nutmeg, cinnamon, vanilla, sugar and eggs.
- Whisk together until smooth, about 3 minutes.
- In a medium bowl, mix together walnuts, brown sugar, and banana slices.
- Slice the ends off the French bread. Starting at 1 end, measure about a half inch down the loaf and slice the bread 3/4 of the way through. Measure about another half inch, and slice cleanly through the bread. You should have a 1-inch slice of bread with a cut down the middle. Repeat this process until the bread is all sliced up.
- Take a piece of the cut French bread and stuff a few tablespoons of the banana mixture into the slit in the middle.
- Add a good amount, but do not overstuff so that the mixture won't stay in the center. Repeat until all the slices are stuffed.
- Preheat a skillet or flat-top grill over medium-high heat. When the pan is hot, coat it with 2 tablespoons of butter.
- Pour the crushed-up cornflakes onto a plate. Take a slice of stuffed bread and dip it into the egg mixture, coating both sides liberally. Then press the bread into the cornflakes and flip it to coat both sides.
- Place the bread on the grill or skillet and cook until golden brown, about 3 minutes per side. Flip the toast over and cook the other side. Repeat the coating and cooking process for each

slice of bread, and add more butter to the grill or skillet as necessary, about 2 tablespoons of butter per slice.

Nutrition Facts



Properties

Glycemic Index:58.39, Glycemic Load:66.02, Inflammation Score:-9, Nutrition Score:35.966521397881%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1223.11kcal (61.16%), Fat: 47.34g (72.83%), Saturated Fat: 19.18g (119.85%), Carbohydrates: 178.67g (59.56%), Net Carbohydrates: 172.04g (62.56%), Sugar: 104.4g (116%), Cholesterol: 391.41mg (130.47%), Sodium: 1105.02mg (48.04%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 28.64g (57.27%), Selenium: 63.78µg (91.11%), Manganese: 1.69mg (84.35%), Vitamin B1: 1.07mg (71.27%), Vitamin B2: 1.14mg (67.35%), Folate: 252.63µg (63.16%), Iron: 10.11mg (56.15%), Vitamin B6: 0.87mg (43.46%), Phosphorus: 414.83mg (41.48%), Vitamin B3: 8.11mg (40.57%), Copper: 0.67mg (33.35%), Vitamin A: 1411.45IU (28.23%), Magnesium: 111.46mg (27.87%), Fiber: 6.63g (26.52%), Vitamin B5: 2.28mg (22.81%), Vitamin B12: 1.32µg (21.93%), Calcium: 218.01mg (21.8%), Potassium: 756.19mg (21.61%), Zinc: 3.23mg (21.55%), Vitamin D: 2.1µg (13.97%), Vitamin E: 2.05mg (13.69%), Vitamin C: 9.12mg (11.05%), Vitamin K: 4.15µg (3.95%)