



Banana-Stuffed French Toast

READY IN



45 min.

SERVINGS



8

CALORIES



380 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 large bananas peeled thinly sliced
- ☐ 16 slices cinnamon-raisin bread
- ☐ 0.5 cup whipped cream cheese
- ☐ 6 eggs
- ☐ 1 pinch kosher salt
- ☐ 0.5 cup warm maple syrup for serving
- ☐ 0.8 cup milk
- ☐ 4 tablespoons butter unsalted ()
- ☐ 1 teaspoon vanilla extract

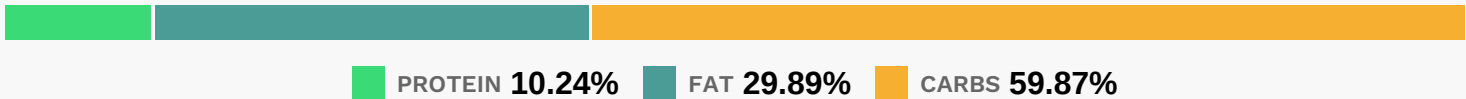
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 225F.
- ☐ Lay 8 slices of bread on a work surface and spread 1 side of each with cream cheese. Top each with slightly overlapping banana slices. Cover with remaining bread to make sandwiches.
- ☐ Melt 2 Tbsp. butter over medium heat in a large nonstick skillet. Meanwhile, in a large, shallow bowl, beat eggs, milk, vanilla and salt with a fork. Dip 4 sandwiches into egg mixture to soak both sides, about 5 seconds.
- ☐ Lay sandwiches in skillet and cook, turning until browned, about 5 minutes one side, 3 minutes other side. Repeat with remaining butter and sandwiches. When done, transfer to oven racks; do not stack.
- ☐ Serve hot with warm maple syrup.

Nutrition Facts



Properties

Glycemic Index:31.91, Glycemic Load:30.86, Inflammation Score:-5, Nutrition Score:14.386956520703%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg 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: 379.52kcal (18.98%), Fat: 12.89g (19.84%), Saturated Fat: 6.21g (38.82%), Carbohydrates: 58.1g (19.37%), Net Carbohydrates: 54.1g (19.67%), Sugar: 24.9g (27.66%), Cholesterol: 143.4mg (47.8%), Sodium: 244.44mg (10.63%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 9.94g (19.87%), Manganese: 0.92mg (45.93%),

Vitamin B2: 0.7mg (41.17%), Selenium: 21.77µg (31.1%), Folate: 84.55µg (21.14%), Vitamin B6: 0.36mg (17.87%), Phosphorus: 165.13mg (16.51%), Fiber: 4g (16.02%), Vitamin B1: 0.24mg (15.9%), Potassium: 494.55mg (14.13%), Iron: 2.29mg (12.71%), Vitamin B3: 2.33mg (11.64%), Calcium: 111.8mg (11.18%), Magnesium: 43.42mg (10.86%), Vitamin B5: 1.04mg (10.39%), Vitamin A: 459.39IU (9.19%), Copper: 0.18mg (9.09%), Zinc: 1.16mg (7.72%), Vitamin B12: 0.44µg (7.33%), Vitamin C: 5.97mg (7.23%), Vitamin D: 1.03µg (6.88%), Vitamin E: 0.76mg (5.05%), Vitamin K: 1.95µg (1.86%)