



Bananas Foster Breakfast Strata

 Vegetarian

READY IN



70 min.

SERVINGS



14

CALORIES



392 kcal

DESSERT

Ingredients

- ☐ 3 medium bananas sliced
- ☐ 1 pound bread baguette french cut into 1/2-inch cubes
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon canola oil
- ☐ 4 large eggs lightly beaten
- ☐ 24 ounce evaporated milk fat-free canned

- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup half-and-half
- ☐ 0.3 cup old-fashioned rolled oats
- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 cup rum
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup walnuts chopped

Equipment

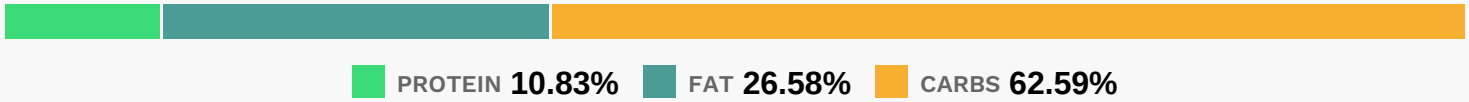
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare strata, heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon oil and butter to pan; swirl until foamy. Stir in bananas; saut 1 minute. Carefully add half of rum; cook rum until flames subside.
- ☐ Add remaining rum, 1 cup brown sugar, and 1/2 teaspoon salt; cook 3 minutes or until bananas are soft. Spoon the banana mixture into a large bowl, and press bananas with a pastry blender or fork until chunky.
- ☐ Combine half-and-half, granulated sugar, eggs, and evaporated milk in a bowl, stirring well with a whisk.

- ☐ Add banana mixture and bread cubes, tossing well to coat.
- ☐ Place bread mixture in a 13 x 9-inch metal baking pan coated with cooking spray.
- ☐ Bake at 350 for 20 minutes.
- ☐ To prepare streusel, weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, walnuts, and next 3 ingredients (through 1/8 teaspoon salt), stirring well with a whisk. Stir in 1 tablespoon oil.
- ☐ Remove strata from oven; sprinkle evenly with streusel.
- ☐ Bake an additional 30 minutes or until golden and set.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:28.95, Glycemic Load:22.75, Inflammation Score:-4, Nutrition Score:10.915217378865%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 391.7kcal (19.58%), Fat: 11.21g (17.24%), Saturated Fat: 4.83g (30.18%), Carbohydrates: 59.37g (19.79%), Net Carbohydrates: 57.63g (20.96%), Sugar: 37.61g (41.78%), Cholesterol: 75.44mg (25.15%), Sodium: 393.76mg (17.12%), Alcohol: 2.86g (100%), Alcohol %: 1.98% (100%), Protein: 10.27g (20.55%), Vitamin B2: 0.43mg (25.38%), Selenium: 17.4µg (24.86%), Vitamin B1: 0.31mg (20.62%), Manganese: 0.4mg (20.2%), Phosphorus: 200.69mg (20.07%), Calcium: 191.39mg (19.14%), Folate: 64.21µg (16.05%), Iron: 2.09mg (11.62%), Vitamin B3: 2.09mg (10.46%), Potassium: 362.58mg (10.36%), Vitamin B6: 0.21mg (10.34%), Magnesium: 40.05mg (10.01%), Vitamin B5: 0.84mg (8.4%), Zinc: 1.15mg (7.67%), Copper: 0.14mg (7.17%), Fiber: 1.74g (6.95%), Vitamin A: 296.08IU (5.92%), Vitamin C: 3.31mg (4.01%), Vitamin B12: 0.24µg (3.99%), Vitamin E: 0.58mg (3.9%), Vitamin D: 0.33µg (2.23%), Vitamin K: 1.79µg (1.7%)