



Bananas Foster French Toast

READY IN



15 min.

SERVINGS



8

CALORIES



905 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 bananas ripe halved
- 0.5 cup firmly brown sugar packed
- 8 tablespoons butter divided
- 8 large croissants halved
- 0.5 cup plus dark
- 4 large eggs
- 1 teaspoon ground cinnamon
- 1 cup heavy cream
- 1 cup maple syrup

- 1 cup pecans chopped
- 1 teaspoon rum extract

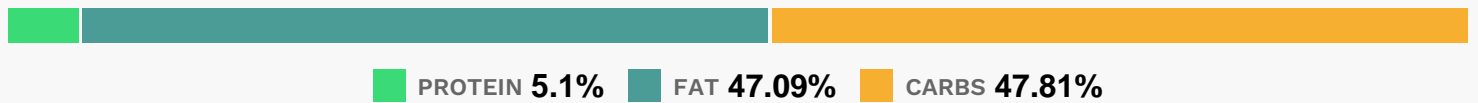
Equipment

- frying pan
- whisk

Directions

- Watch how to make this recipe.
- In a shallow dish, whisk together eggs, cream, and cinnamon. In a large skillet, melt 2 tablespoons butter over medium-high heat. Dip 4 croissant halves in egg mixture to coat both sides. Using a fork, remove croissants from egg mixture, letting excess mixture drip off.
- Place croissant halves in hot skillet. Cook 2 to 3 minutes per side or until lightly browned. Repeat procedure with remaining butter and croissant halves. Set aside and keep warm.
- In a large skillet, combine corn syrup, brown sugar, maple syrup and pecans. Bring to a boil over medium-high heat. Reduce heat, and simmer for 2 minutes.
- Add banana halves and rum extract. Coat with the syrup mixture, and simmer 1 minute. Spoon over French toast.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.16, Glycemic Load:54.03, Inflammation Score:-8, Nutrition Score:21.563478200332%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 6.39mg, Catechin: 6.39mg, Catechin: 6.39mg, Catechin: 6.39mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg 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: 904.71kcal (45.24%), Fat: 48.65g (74.84%), Saturated Fat: 23.6g (147.51%), Carbohydrates: 111.14g (37.05%), Net Carbohydrates: 105.65g (38.42%), Sugar: 73.88g (82.08%), Cholesterol: 201.61mg (67.2%), Sodium: 432.25mg (18.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.7%), Manganese: 2.08mg (104%), Vitamin B2: 0.93mg (54.82%), Selenium: 26.11µg (37.3%), Vitamin A: 1485.67IU (29.71%), Vitamin B1: 0.42mg (28.2%), Folate: 93.17µg (23.29%), Vitamin B6: 0.45mg (22.68%), Fiber: 5.48g (21.94%), Phosphorus: 200.73mg (20.07%), Potassium: 637.18mg (18.21%), Magnesium: 68.01mg (17%), Copper: 0.33mg (16.3%), Vitamin B5: 1.49mg (14.89%), Iron: 2.65mg (14.7%), Calcium: 137.37mg (13.74%), Zinc: 1.96mg (13.05%), Vitamin B3: 2.31mg (11.57%), Vitamin E: 1.71mg (11.39%), Vitamin C: 8.17mg (9.9%), Vitamin B12: 0.4µg (6.68%), Vitamin D: 0.98µg (6.51%), Vitamin K: 4.21µg (4.01%)