



Bananas Foster French Toast

 Vegetarian

READY IN



550 min.

SERVINGS



8

CALORIES



597 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 slices raisin bread cut into 1/2-inch cubes (8 cups)
- 8 eggs
- 1 cup milk
- 2.5 cups maple syrup
- 1 teaspoon rum extract
- 6 banana ripe cut into 1/2-inch slices
- 1 cup pecans chopped

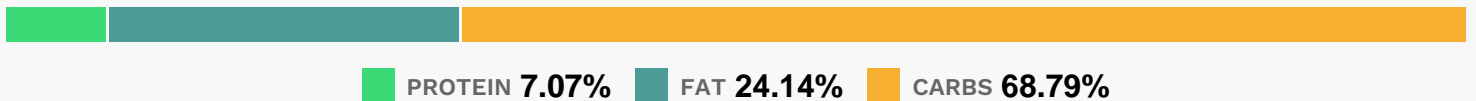
Equipment

- bowl
- oven
- whisk
- baking pan
- microwave

Directions

- Spray bottom of 13x9-inch (3-quart) baking dish with cooking spray. Arrange bread cubes in baking dish. In large bowl, beat eggs, milk and 1/2 cup of the maple syrup with wire whisk.
- Pour over bread in baking dish. Cover and refrigerate 8 hours or overnight.
- Heat oven to 350°F. Uncover; bake 35 to 40 minutes or until golden brown along edges.
- Let stand 7 to 10 minutes before serving.
- Meanwhile, in medium microwavable bowl, microwave remaining 2 cups maple syrup uncovered on High 1 to 2 minutes, stirring every 30 seconds, until warm. Stir in rum extract.
- Sprinkle banana slices and pecans evenly over bread; drizzle with 1 cup of the warmed syrup mixture.
- Serve immediately with remaining syrup.

Nutrition Facts



Properties

Glycemic Index:26.28, Glycemic Load:44, Inflammation Score:-5, Nutrition Score:21.64347830026%

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: 597.06kcal (29.85%), Fat: 16.41g (25.24%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 105.21g (35.07%), Net Carbohydrates: 100.49g (36.54%), Sugar: 74.74g (83.04%), Cholesterol: 167.34mg (55.78%), Sodium: 174.23mg (7.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.81g (21.62%), Manganese: 3.31mg (165.51%), Vitamin B2: 1.71mg (100.41%), Selenium: 20.69µg (29.56%), Vitamin B6: 0.46mg (23.24%), Potassium: 764.59mg (21.85%), Vitamin B1: 0.31mg (20.44%), Phosphorus: 203.48mg (20.35%), Calcium: 202.96mg (20.3%), Magnesium: 77.21mg (19.3%), Fiber: 4.73g (18.91%), Folate: 68.94µg (17.23%), Copper: 0.32mg (15.8%), Zinc: 2.33mg (15.56%), Vitamin B5: 1.3mg (13.02%), Iron: 2.21mg (12.27%), Vitamin C: 7.88mg (9.55%), Vitamin B12: 0.56µg (9.27%), Vitamin B3: 1.8mg (8.98%), Vitamin D: 1.22µg (8.1%), Vitamin A: 351.28IU (7.03%), Vitamin E: 0.83mg (5.53%), Vitamin K: 1.58µg (1.51%)