



Caramel French Toast

 Vegetarian

READY IN



120 min.

SERVINGS



10

CALORIES



358 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 apples sliced
- ☐ 12 slices bread
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 2 tablespoons plus light
- ☐ 6 eggs beaten
- ☐ 1.5 cups milk

- ☐ 0.3 cup pecan halves
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

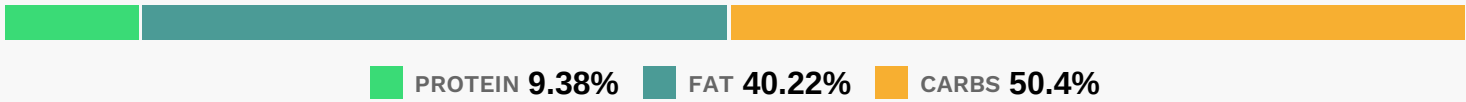
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Grease a 9x13-inch baking dish.
- ☐ Heat brown sugar, butter, and corn syrup in a saucepan over medium heat until thickened, about 5 minutes.
- ☐ Pour mixture into prepared baking dish and sprinkle with pecans. Arrange apple slices over pecans.
- ☐ Layer bread slices over apple in two layers.
- ☐ Whisk eggs, milk, vanilla extract, almond extract, and salt in a bowl; pour over bread and allow to set for 1 hour at room temperature or cover and refrigerate overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Uncover and bake in preheated oven until fluffy and golden brown, 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:20.77, Glycemic Load:10.54, Inflammation Score:-4, Nutrition Score:9.6530434204184%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 357.5kcal (17.88%), Fat: 16.23g (24.97%), Saturated Fat: 7.73g (48.33%), Carbohydrates: 45.76g (15.25%), Net Carbohydrates: 43.74g (15.91%), Sugar: 30.58g (33.97%), Cholesterol: 127mg (42.33%), Sodium: 350.57mg (15.24%), Alcohol: 0.21g (100%), Alcohol %: 0.17% (100%), Protein: 8.52g (17.04%), Manganese: 0.54mg (27.14%), Selenium: 18.98µg (27.11%), Vitamin B2: 0.27mg (15.78%), Phosphorus: 145.08mg (14.51%), Vitamin B1: 0.19mg (12.79%), Calcium: 126.28mg (12.63%), Folate: 42.62µg (10.65%), Iron: 1.92mg (10.64%), Vitamin B3: 2.01mg (10.07%), Vitamin A: 497.37IU (9.95%), Vitamin B5: 0.89mg (8.91%), Fiber: 2.02g (8.07%), Vitamin B12: 0.45µg (7.53%), Magnesium: 27.57mg (6.89%), Zinc: 1mg (6.64%), Vitamin B6: 0.13mg (6.33%), Vitamin D: 0.93µg (6.2%), Potassium: 201.26mg (5.75%), Copper: 0.11mg (5.73%), Vitamin E: 0.69mg (4.6%), Vitamin K: 3.12µg (2.97%), Vitamin C: 0.93mg (1.13%)