



Caramelized Sourdough French Toast

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup confectioners' sugar
- ☐ 0.5 round loaf crusty sourdough bread 9 inches in diameter
- ☐ 4 large eggs
- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup heavy cream
- ☐ 4 servings maple syrup for topping

- ☐ 2 tablespoons butter unsalted plus more if needed
- ☐ 1.5 teaspoons vanilla extract

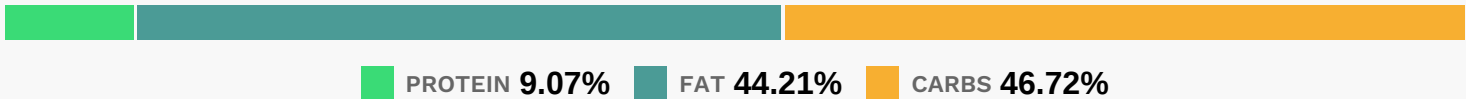
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Cut the bread into 8 large wedges.
- ☐ Whisk the eggs, buttermilk, cream, granulated sugar, vanilla and cinnamon in a large baking dish.
- ☐ Add the bread and turn occasionally until soaked through, about 15 minutes. Preheat the oven to 250 degrees F.
- ☐ Put the confectioners' sugar in a fine-mesh sieve. Melt 1 tablespoon butter in a large nonstick skillet over medium heat.
- ☐ Add half of the bread and dust generously with the confectioners' sugar; cook, turning and dusting often with more confectioners' sugar, until golden brown and caramelized, 10 to 12 minutes (add more butter to the skillet, if needed).
- ☐ Transfer the French toast to a baking sheet and keep warm in the oven.
- ☐ Add 1 more tablespoon butter to the skillet and repeat with the remaining bread.
- ☐ Serve with maple syrup.
- ☐ Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:55.77, Glycemic Load:11.71, Inflammation Score:-4, Nutrition Score:8.5843478473632%

Nutrients (% of daily need)

Calories: 342.83kcal (17.14%), Fat: 16.83g (25.89%), Saturated Fat: 9.15g (57.21%), Carbohydrates: 40.02g (13.34%), Net Carbohydrates: 39.95g (14.53%), Sugar: 37.92g (42.14%), Cholesterol: 221.16mg (73.72%), Sodium: 110.38mg (4.8%), Alcohol: 0.52g (100%), Alcohol %: 0.44% (100%), Protein: 7.76g (15.53%), Vitamin B2: 0.57mg (33.59%), Manganese: 0.5mg (25.13%), Selenium: 17.16µg (24.51%), Vitamin A: 713.46IU (14.27%), Phosphorus: 135.11mg (13.51%), Vitamin D: 1.73µg (11.55%), Vitamin B12: 0.62µg (10.31%), Calcium: 97.52mg (9.75%), Vitamin B5: 0.93mg (9.28%), Folate: 25.97µg (6.49%), Zinc: 0.95mg (6.32%), Vitamin E: 0.85mg (5.66%), Iron: 0.95mg (5.29%), Vitamin B6: 0.1mg (5.1%), Potassium: 173.7mg (4.96%), Magnesium: 14.68mg (3.67%), Vitamin B1: 0.05mg (3.45%), Copper: 0.05mg (2.48%), Vitamin K: 1.25µg (1.19%)