



Chocolate & banana French toast

READY IN



18 min.

SERVINGS



2

CALORIES



838 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 banana ripe
- ☐ 75 g chocolate chopped
- ☐ 4 slices crusty bread from a round loaf white
- ☐ 3 medium eggs
- ☐ 1 tbsp double cream
- ☐ 1 tbsp maple syrup
- ☐ 1 tsp vanilla extract
- ☐ 25 g butter unsalted
- ☐ 2 servings ground cinnamon

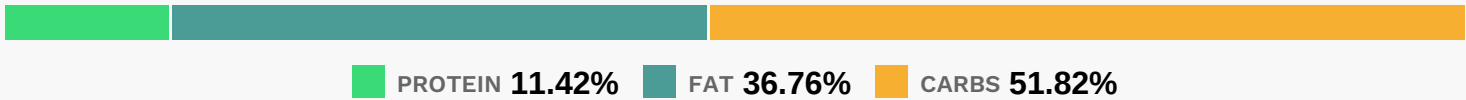
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Slice the banana into a small bowl and mash using a fork.
- ☐ Add the chopped chocolate and mix to combine.
- ☐ Lay 2 slices of bread on the work surface. Divide the chocolate and banana mixture between them, spreading it almost to the edges. Top each with a second slice of bread and press together to make a sandwich.
- ☐ In a shallow dish, whisk together the eggs, double cream, maple syrup and vanilla extract. Melt the butter in a large frying pan over a medium heat.
- ☐ Lay one sandwich into the egg mixture to coat one side, then carefully flip it over so that both sides of the sandwich are soaked in the egg. Lower the sandwich into the hot frying pan and cook for about 1 min on each side, until golden brown and the chocolate has started to melt. Repeat with the second sandwich.
- ☐ Cut the sandwiches in half to serve and sprinkle with a little ground cinnamon and either icing sugar or extra maple syrup if youre feeling super-indulgent.

Nutrition Facts



Properties

Glycemic Index:109.69, Glycemic Load:69, Inflammation Score:-8, Nutrition Score:30.188695845397%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 838.29kcal (41.91%), Fat: 35.27g (54.26%), Saturated Fat: 18.49g (115.58%), Carbohydrates: 111.85g (37.28%), Net Carbohydrates: 104.37g (37.95%), Sugar: 39.19g (43.54%), Cholesterol: 280.87mg (93.62%), Sodium: 875.56mg (38.07%), Alcohol: 0.72g (100%), Alcohol %: 0.28% (100%), Caffeine: 24.75mg (8.25%), Protein: 24.65g (49.29%), Selenium: 58.92µg (84.17%), Manganese: 1.62mg (80.92%), Vitamin B2: 1.13mg (66.44%), Vitamin B1: 0.97mg (64.69%), Folate: 202.18µg (50.54%), Iron: 7.54mg (41.88%), Vitamin B3: 6.92mg (34.58%), Phosphorus: 341.94mg (34.19%), Fiber: 7.47g (29.9%), Magnesium: 111.51mg (27.88%), Copper: 0.51mg (25.72%), Vitamin B6: 0.49mg (24.43%), Zinc: 2.97mg (19.81%), Potassium: 605.16mg (17.29%), Vitamin B5: 1.7mg (17.04%), Vitamin A: 822.69IU (16.45%), Calcium: 154.59mg (15.46%), Vitamin D: 1.63µg (10.85%), Vitamin B12: 0.62µg (10.34%), Vitamin E: 1.52mg (10.16%), Vitamin C: 5.25mg (6.37%), Vitamin K: 5.49µg (5.23%)