



Croissant French Toast With Pecans

READY IN



20 min.

SERVINGS



4

CALORIES



637 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter divided
- ☐ 4 day-old croissants halved
- ☐ 3 large eggs
- ☐ 0.8 cup half-and-half
- ☐ 0.5 cup honey
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 teaspoon vanilla extract

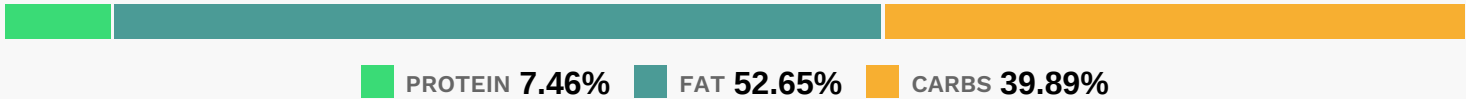
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together half-and-half, eggs, and vanilla. Dip croissant halves into mixture. Cook pecans, honey, and 2 Tbsp. butter in a saucepan until hot. Keep warm. Melt 1 Tbsp. butter in a nonstick skillet or griddle over medium heat.
- ☐ Add 4 croissant halves; cook until golden brown. Repeat.
- ☐ Serve with honey mixture.

Nutrition Facts



Properties

Glycemic Index:44.82, Glycemic Load:34.76, Inflammation Score:-6, Nutrition Score:13.759565260099%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 636.98kcal (31.85%), Fat: 38.18g (58.74%), Saturated Fat: 17.19g (107.47%), Carbohydrates: 65.1g (21.7%), Net Carbohydrates: 62.34g (22.67%), Sugar: 43.87g (48.74%), Cholesterol: 216.15mg (72.05%), Sodium: 369.11mg (16.05%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Protein: 12.17g (24.34%), Manganese: 0.79mg (39.61%), Selenium: 26.82µg (38.31%), Vitamin B2: 0.43mg (25.5%), Vitamin B1: 0.33mg (22.14%), Phosphorus: 215.76mg (21.58%), Vitamin A: 1056.53IU (21.13%), Folate: 73.03µg (18.26%), Vitamin B5: 1.34mg (13.44%), Iron: 2.33mg (12.95%), Copper: 0.24mg (12.06%), Zinc: 1.75mg (11.68%), Fiber: 2.75g (11.02%), Calcium: 104.48mg (10.45%), Vitamin E: 1.4mg (9.35%), Vitamin B12: 0.53µg (8.82%), Magnesium: 34.31mg (8.58%), Vitamin B6: 0.16mg (7.81%), Vitamin B3: 1.53mg (7.65%), Potassium: 255.68mg (7.31%), Vitamin D: 0.75µg (5%), Vitamin K: 2.9µg (2.76%), Vitamin C: 0.87mg (1.06%)