



Croissant French Toast with Soft Caramel Apples

READY IN



65 min.

SERVINGS



4

CALORIES



759 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 large croissants halved lengthwise
- 3 large eggs
- 6 granny smith apples cored peeled cut in 1/2-inch-thick wedges
- 1 pinch ground cinnamon
- 0.5 cup maple syrup pure
- 0.3 cup milk
- 0.5 cup sugar
- 3 tablespoons butter unsalted

- 0.5 teaspoon vanilla extract pure

Equipment

- frying pan
- whisk
- wooden spoon
- spatula

Directions

- Watch how to make this recipe.
- Make the batter for the French toast by whisking together the eggs, milk, vanilla, and cinnamon until evenly blended. Cover and refrigerate.
- Pay close attention while you make the caramel apples – put the sugar in a large dry skillet and place it over medium–low heat. Stir constantly with a wooden spoon until the sugar melts and begins to caramelize, about 5 minutes. Be careful; the sugar is really hot at this point. Still stirring, add the butter, which will foam a little. Once the sugar and butter become a caramel sauce, fold in the apple wedges. Now, because the apples are cooler than the sugar, the sugar may start to seize and harden, but don't freak out -- keep stirring, once the apples warm up the caramel will smooth out again. When the caramel sauce starts to form around the apples, pour in the maple syrup. Give it a stir and simmer for about 10 minutes until the apples are fork tender. Pull them off the heat and keep warm until you are ready to serve.
- For the French toast itself, warm the butter in a large non–stick skillet over medium–low heat. You probably will only be able to fit a couple of croissants in the pan at once, so prepare these in batches. Take a croissant half and quickly dredge it in the batter. The key word here is quickly; the croissants are very soft and will disintegrate if soaked in the batter.
- Lay the croissants in the pan, cut–side down, and cook for 4 to 5 minutes. Carefully flip them over with a spatula and brown the other side.
- The presentation is like a caramel apple sandwich – take the bottom half of the croissant and put it on a plate, spoon some of the caramel apples on top of that, and cover with the top 1/2 of the croissant. Dust with confectioners' sugar and cinnamon and serve.

Nutrition Facts



■ PROTEIN 5.93% ■ FAT 31.5% ■ CARBS 62.57%

Properties

Glycemic Index:62.15, Glycemic Load:56.97, Inflammation Score:-7, Nutrition Score:18.77956533432%

Flavonoids

Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

Nutrients (% of daily need)

Calories: 758.53kcal (37.93%), Fat: 27.19g (41.82%), Saturated Fat: 14.77g (92.29%), Carbohydrates: 121.47g (40.49%), Net Carbohydrates: 113.15g (41.15%), Sugar: 85.97g (95.53%), Cholesterol: 208.79mg (69.6%), Sodium: 324.13mg (14.09%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 11.52g (23.04%), Manganese: 1.26mg (63.24%), Vitamin B2: 0.94mg (55.58%), Selenium: 27.27µg (38.95%), Fiber: 8.32g (33.28%), Vitamin B1: 0.36mg (23.8%), Vitamin A: 1135.65IU (22.71%), Folate: 85.09µg (21.27%), Phosphorus: 192.61mg (19.26%), Potassium: 540.33mg (15.44%), Vitamin C: 12.69mg (15.39%), Vitamin B5: 1.39mg (13.87%), Iron: 2.41mg (13.38%), Calcium: 128.13mg (12.81%), Vitamin E: 1.7mg (11.34%), Vitamin B6: 0.22mg (11.22%), Magnesium: 39.45mg (9.86%), Zinc: 1.45mg (9.69%), Vitamin B12: 0.54µg (9.02%), Vitamin B3: 1.8mg (9%), Copper: 0.16mg (7.92%), Vitamin K: 8.12µg (7.73%), Vitamin D: 1.08µg (7.17%)