



## French Toast Panini With Grilled Bananas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



910 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 large bananas ripe
- 2 tablespoons cognac
- 4 servings confectioners' sugar for garnish
- 6 large eggs
- 2 tablespoons granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.5 cup heavy cream
- 4 servings maple syrup pure for garnish

- 1 pinch nutmeg freshly grated
- 0.3 cup orange juice fresh (from 1 medium orange)
- 4 servings salt
- 8 slices texas toast croutons white thick
- 2 tablespoons butter unsalted melted
- 2 tablespoons vanilla extract
- 3 tablespoons vegetable oil
- 1 cup milk whole

## Equipment

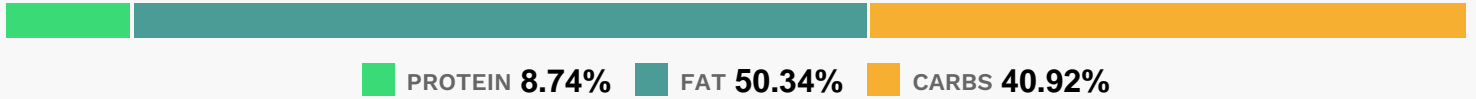
- bowl
- frying pan
- paper towels
- oven
- whisk
- grill
- spatula
- cutting board

## Directions

- Whisk together the eggs, milk, cream, orange juice, vanilla, cognac, granulated sugar, cinnamon, nutmeg and a pinch of salt in a bowl.
- Place the bread in 2 shallow baking dishes in a single layer.
- Pour the egg mixture over the bread; let soak for 10 minutes.
- While the bread is soaking, preheat a grill to medium.
- Place a flat cast-iron skillet on the grill.
- Brush the bananas with the melted butter; cook in the skillet until they are browned on all sides and beginning to release their juices, about 3 minutes. Use a spatula to transfer the bananas to a plate, then wipe the skillet clean with a paper towel. When the bananas are cool enough to handle, cut into 1/2-inch-thick slices.

- Remove a piece of bread from the egg mixture, allowing the excess to drip off.
- Place on a cutting board, top with four or five banana slices, then cover with another piece of bread.
- Brush the skillet on the grill lightly with vegetable oil.
- Add the sandwich to the pan; place a grill press or heavy pan over the sandwich to weigh it down. Cook until the bread is nicely toasted and golden, 3 to 4 minutes. Flip, press and cook on the other side until golden. Keep warm; repeat with the remaining bread and bananas, adding more oil as needed.
- Transfer the panini to plates and slice in half diagonally; top with confectioners' sugar and plenty of maple syrup.
- Photograph by Miki Duisterhof

## Nutrition Facts



### Properties

Glycemic Index:85.34, Glycemic Load:22.35, Inflammation Score:-7, Nutrition Score:22.086956583935%

### Flavonoids

Catechin: 6.22mg, Catechin: 6.22mg, Catechin: 6.22mg, Catechin: 6.22mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

### Nutrients (% of daily need)

Calories: 910.11kcal (45.51%), Fat: 50.19g (77.21%), Saturated Fat: 19.66g (122.88%), Carbohydrates: 91.77g (30.59%), Net Carbohydrates: 86.9g (31.6%), Sugar: 48.53g (53.92%), Cholesterol: 334.99mg (111.66%), Sodium: 755.39mg (32.84%), Alcohol: 4.74g (100%), Alcohol %: 1.4% (100%), Protein: 19.6g (39.21%), Iron: 13.71mg (76.18%), Vitamin B2: 0.83mg (48.69%), Manganese: 0.83mg (41.49%), Selenium: 26.28µg (37.54%), Vitamin B6: 0.56mg (27.92%), Phosphorus: 255.5mg (25.55%), Vitamin A: 1213.35IU (24.27%), Vitamin C: 16.82mg (20.39%), Vitamin K: 21.21µg (20.2%), Fiber: 4.87g (19.47%), Potassium: 678.15mg (19.38%), Vitamin D: 2.75µg (18.35%), Vitamin B5: 1.83mg (18.34%), Vitamin B12: 1.06µg (17.61%), Calcium: 170.89mg (17.09%), Folate: 61.9µg (15.48%), Vitamin E: 2.2mg (14.68%), Magnesium: 53.38mg (13.35%), Zinc: 1.62mg (10.79%), Vitamin B1: 0.13mg (8.75%), Copper: 0.16mg (7.81%), Vitamin B3: 0.93mg (4.67%)