



French Toast with Bananas and Walnuts

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



715 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 bananas very ripe
- ☐ 4 tablespoons butter
- ☐ 8 slices egg bread
- ☐ 6 eggs
- ☐ 4 servings maple syrup for serving
- ☐ 0.3 cup milk
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 0.3 cup walnuts coarsely chopped

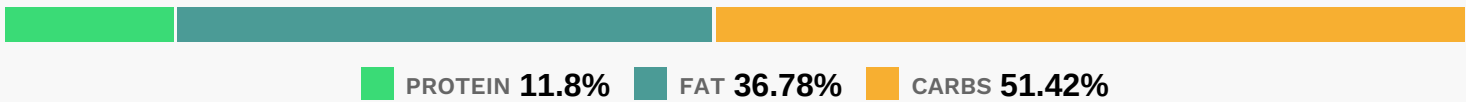
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ In a large shallow bowl, using a fork, beat the eggs until lightly frothy. Stir in the milk and set aside. Peel the bananas into a small bowl and mash them with a fork. Stir in the walnuts and the nutmeg.
- ☐ Spread the banana mixture over the 1/2 of the bread slices, leaving a 1/4-inch border uncovered on all edges. Top with the remaining bread slices and press down gently to seal.
- ☐ Place 2 sandwiches in the egg mixture and press down gently. Turn over and let soak for a moment until evenly saturated on both sides. Repeat with the other 2 remaining sandwiches.
- ☐ In a frying pan or on a griddle, melt 2 tablespoons of butter over medium heat.
- ☐ Place the sandwiches on griddle and fry until the undersides are golden brown, about 2 minutes.
- ☐ Add the remaining butter, flip the sandwiches with a spatula and fry until golden brown.
- ☐ To serve place the toast on plates and dust with confectioners' sugar.
- ☐ Serve with maple syrup or jam.

Nutrition Facts



Properties

Glycemic Index:67.32, Glycemic Load:18.37, Inflammation Score:-7, Nutrition Score:27.745217167813%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 715.3kcal (35.77%), Fat: 29.66g (45.63%), Saturated Fat: 11.83g (73.92%), Carbohydrates: 93.28g (31.09%), Net Carbohydrates: 87.27g (31.73%), Sugar: 29.46g (32.74%), Cholesterol: 331.51mg (110.5%), Sodium: 595.47mg (25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.41g (42.81%), Manganese: 1.58mg (78.96%), Selenium: 54.14µg (77.34%), Vitamin B2: 1.14mg (67.1%), Folate: 173.55µg (43.39%), Vitamin B1: 0.57mg (38.32%), Vitamin B6: 0.66mg (33.11%), Phosphorus: 313.2mg (31.32%), Vitamin B3: 6.1mg (30.48%), Iron: 4.92mg (27.35%), Fiber: 6.01g (24.04%), Copper: 0.43mg (21.42%), Potassium: 739.12mg (21.12%), Vitamin A: 1031.67IU (20.63%), Magnesium: 77.9mg (19.47%), Calcium: 192.64mg (19.26%), Vitamin B5: 1.82mg (18.19%), Zinc: 2.31mg (15.39%), Vitamin B12: 0.8µg (13.33%), Vitamin D: 1.91µg (12.74%), Vitamin C: 10.36mg (12.56%), Vitamin E: 1.47mg (9.8%), Vitamin K: 2.97µg (2.82%)