



WHATSheATE



French Toast with Brown Sugar Banana Syrup



Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



774 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 bananas cut into 1/2-inch slices
- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons butter
- ☐ 1 loaf egg bread loaf – crusts
- ☐ 3 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons brown sugar light
- ☐ 2 cups milk

- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup water

Equipment

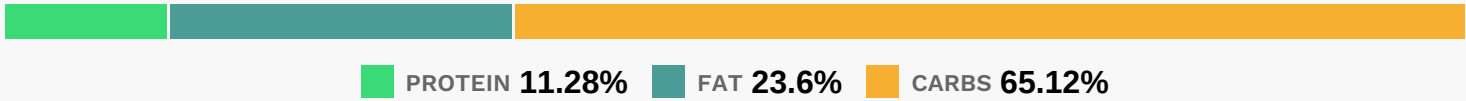
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Nonstick cooking spray
- ☐ In a small saucepan, combine butter, pumpkin pie spice, molasses, brown sugar and 1/2 cup of water. Bring to a boil, add bananas then lower heat and let simmer for 3 minutes.
- ☐ Remove syrup from heat, cover and keep warm.
- ☐ Serve over French toast.
- ☐ Cook's Note: Also makes a great topping for ice cream.
- ☐ Preheat oven to 400 degrees F.
- ☐ Slice bread into 12 slices. Reserve 2 slices plus the ends for the bread pudding Round 2 Recipe.
- ☐ Place remaining 8 slices on a baking sheet. Toast in oven for 3 minutes.
- ☐ Remove and lower oven temperature to 250 degrees F.
- ☐ In a large bowl whisk together the milk, eggs, flour, vanilla, brown sugar and salt.

- ☐
- Spray a 12–inch skillet with nonstick cooking spray and place over medium heat. Working in batches of 4, dip the bread into the batter and soak both sides.
- ☐
- Remove allowing excess to drip back into the bowl and place in the hot skillet. Cook until golden brown on both sides, about 3 minutes per side.
- ☐
- Transfer the toast to a baking sheet fitted with a wire rack and keep warm in a 250 degree F oven. Repeat with remaining slices of bread. Save remaining batter and extra syrup for bread pudding Round 2 Recipe.
- ☐
- Serve hot with Brown Sugar Banana Syrup.

Nutrition Facts



Properties

Glycemic Index:65.44, Glycemic Load:20.61, Inflammation Score:-7, Nutrition Score:27.166521632153%

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: 774.34kcal (38.72%), Fat: 20.33g (31.28%), Saturated Fat: 8.95g (55.94%), Carbohydrates: 126.24g (42.08%), Net Carbohydrates: 121.64g (44.23%), Sugar: 55.5g (61.67%), Cholesterol: 226.95mg (75.65%), Sodium: 736.08mg (32%), Alcohol: 0.69g (100%), Alcohol %: 0.2% (100%), Protein: 21.86g (43.72%), Selenium: 56.08µg (80.12%), Vitamin B2: 0.96mg (56.39%), Manganese: 1.07mg (53.33%), Vitamin B1: 0.73mg (48.35%), Folate: 177.54µg (44.38%), Vitamin B3: 7.11mg (35.55%), Phosphorus: 353.9mg (35.39%), Calcium: 334.56mg (33.46%), Iron: 5.74mg (31.9%), Vitamin B6: 0.52mg (25.83%), Potassium: 789.81mg (22.57%), Magnesium: 88.26mg (22.06%), Vitamin B12: 1.12µg (18.63%), Fiber: 4.6g (18.39%), Copper: 0.35mg (17.61%), Vitamin B5: 1.75mg (17.48%), Vitamin A: 852.44IU (17.05%), Vitamin D: 2.55µg (16.97%), Zinc: 2.13mg (14.22%), Vitamin E: 0.98mg (6.57%), Vitamin C: 5.19mg (6.29%), Vitamin K: 2.4µg (2.29%)