



Karen's Baked Banana Stuffed French Toast

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



506 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 bananas ripe mashed
- ☐ 2 eggs
- ☐ 8 slices bread french
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 1 teaspoon vanilla extract

Equipment

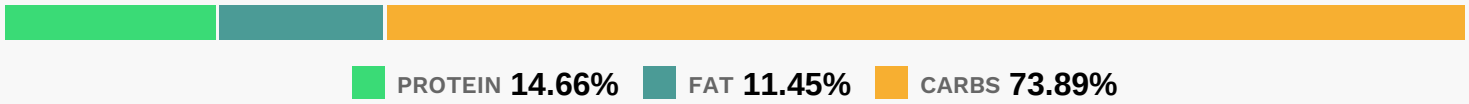
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly spray a cast iron or other ovenproof skillet with cooking spray and then heat over medium heat.
- ☐ Spread mashed banana on top of 4 slices of bread.
- ☐ Place remaining four slices on top. In a bowl, whisk together milk, eggs, vanilla and cinnamon. Dip bread in egg mixture for 45 seconds on each side then place in skillet.
- ☐ Cook bread for two minutes on each side.
- ☐ Place bread on an ungreased baking sheet and bake in preheated oven for 8 minutes, until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:44.57, Glycemic Load:64.81, Inflammation Score:-7, Nutrition Score:23.771304384522%

Flavonoids

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

Nutrients (% of daily need)

Calories: 506.44kcal (25.32%), Fat: 6.56g (10.09%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 95.25g (31.75%), Net Carbohydrates: 89.23g (32.45%), Sugar: 21.99g (24.43%), Cholesterol: 85.5mg (28.5%), Sodium: 814.69mg (35.42%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 18.89g (37.79%), Vitamin B1: 0.97mg (64.76%), Selenium: 45.13µg (64.47%), Manganese: 1.04mg (52.13%), Folate: 191.4µg (47.85%), Vitamin B2: 0.78mg (45.67%), Vitamin B3: 7.01mg (35.05%), Iron: 5.72mg (31.77%), Vitamin B6: 0.63mg (31.33%), Fiber: 6.02g (24.07%),

Phosphorus: 234.95mg (23.49%), Magnesium: 79.39mg (19.85%), Potassium: 650.87mg (18.6%), Copper: 0.3mg (15.22%), Zinc: 1.92mg (12.82%), Vitamin B5: 1.27mg (12.74%), Calcium: 124.91mg (12.49%), Vitamin C: 10.28mg (12.46%), Vitamin B12: 0.36µg (6.01%), Vitamin D: 0.78µg (5.17%), Vitamin A: 244.47IU (4.89%), Vitamin E: 0.64mg (4.26%), Vitamin K: 1.72µg (1.64%)