



Praline French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



597 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup firmly brown sugar packed
- ☐ 1 tablespoon brown sugar
- ☐ 0.5 cup butter
- ☐ 8 large eggs beaten
- ☐ 8 slices bread french (1"-thick)
- ☐ 1.5 cups half-and-half
- ☐ 0.5 cup maple syrup
- ☐ 2 ounce pecans chopped ()

☐ 2 teaspoons vanilla extract

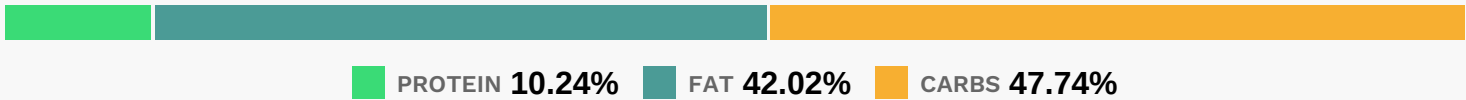
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Combine first 4 ingredients in a large bowl, stirring with a wire whisk until blended.
- ☐ Pour 1 cup egg mixture into a greased 9" x 13" baking dish.
- ☐ Place bread in dish; pour remaining egg mixture over bread. Cover and chill 8 hours.
- ☐ Preheat the oven to 35
- ☐ Combine butter, brown sugar, maple syrup, and pecans in a glass bowl. Cover with plastic wrap, and microwave at HIGH 30 seconds.
- ☐ Pour over bread.
- ☐ Bake, uncovered at 350 for 30 minutes or until set and golden.
- ☐ Serve with bacon, if desired.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:30.59, Inflammation Score:-6, Nutrition Score:18.142174070296%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin:

0.4mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 597.01kcal (29.85%), Fat: 28.13g (43.28%), Saturated Fat: 12.82g (80.15%), Carbohydrates: 71.91g (23.97%), Net Carbohydrates: 69.82g (25.39%), Sugar: 38.95g (43.28%), Cholesterol: 232.38mg (77.46%), Sodium: 583.28mg (25.36%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 15.43g (30.86%), Manganese: 1.15mg (57.4%), Selenium: 35.78µg (51.12%), Vitamin B2: 0.86mg (50.61%), Vitamin B1: 0.55mg (36.59%), Folate: 105.79µg (26.45%), Phosphorus: 233.29mg (23.33%), Iron: 3.76mg (20.9%), Vitamin B3: 3.31mg (16.53%), Calcium: 158.61mg (15.86%), Vitamin A: 789.14IU (15.78%), Zinc: 1.97mg (13.13%), Vitamin B5: 1.22mg (12.18%), Copper: 0.23mg (11.68%), Magnesium: 46.21mg (11.55%), Vitamin B6: 0.2mg (10.04%), Vitamin B12: 0.56µg (9.26%), Potassium: 312.43mg (8.93%), Fiber: 2.09g (8.35%), Vitamin E: 1.2mg (8.01%), Vitamin D: 1µg (6.67%), Vitamin K: 2.43µg (2.31%)