



Praline Pecan French Toast

 Vegetarian

READY IN



525 min.

SERVINGS



8

CALORIES



573 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup brown sugar
- 0.3 cup butter as needed
- 2 tablespoons confectioners sugar to taste
- 1 tablespoon brown sugar dark
- 8 eggs
- 8 slices bread french
- 1.5 cups half-and-half
- 0.5 cup maple syrup

- 0.8 cup pecans chopped
- 2 tablespoons vanilla extract

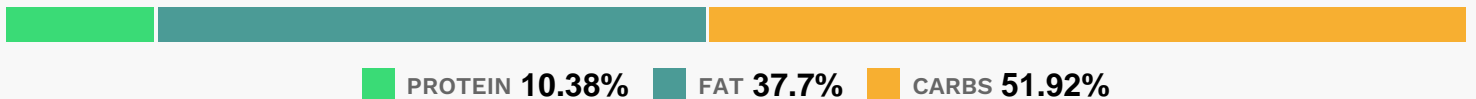
Equipment

- bowl
- oven
- plastic wrap
- casserole dish

Directions

- Mix half-and-half, eggs, vanilla, and 1 tablespoon dark brown sugar together in a large shallow bowl; add French bread. Cover bowl with plastic wrap and refrigerate 8 hours to overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Place butter in a 9x13-inch casserole dish.
- Place casserole dish in the preheating oven to melt butter, about 5 minutes. Swirl butter over bottom of the dish.
- Spread brown sugar, maple syrup, and pecans over the melted butter. Arrange soaked bread atop pecan mixture.
- Bake in the preheated oven until French toast is cooked through, 30 to 35 minutes.
- Sprinkle with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:30.6, Inflammation Score:-6, Nutrition Score:18.102173929629%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate:

0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 573.47kcal (28.67%), Fat: 24.06g (37.02%), Saturated Fat: 9.18g (57.4%), Carbohydrates: 74.58g (24.86%), Net Carbohydrates: 72.19g (26.25%), Sugar: 41.29g (45.88%), Cholesterol: 194.81mg (64.94%), Sodium: 529.39mg (23.02%), Alcohol: 1.12g (100%), Alcohol %: 0.65% (100%), Protein: 14.9g (29.8%), Manganese: 1.29mg (64.63%), Vitamin B2: 0.84mg (49.24%), Selenium: 34µg (48.57%), Vitamin B1: 0.57mg (37.8%), Folate: 103.44µg (25.86%), Phosphorus: 228.51mg (22.85%), Iron: 3.74mg (20.77%), Vitamin B3: 3.34mg (16.72%), Calcium: 156mg (15.6%), Zinc: 2.03mg (13.54%), Copper: 0.27mg (13.43%), Magnesium: 49.41mg (12.35%), Vitamin A: 581.22IU (11.62%), Vitamin B5: 1.15mg (11.46%), Vitamin B6: 0.2mg (9.88%), Fiber: 2.39g (9.56%), Potassium: 318.65mg (9.1%), Vitamin B12: 0.49µg (8.16%), Vitamin E: 1.02mg (6.78%), Vitamin D: 0.88µg (5.87%), Vitamin K: 2.02µg (1.93%)