



Praline-Pecan French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



380 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 16 oz bread french
- ☐ 1 cup brown sugar light packed
- ☐ 0.3 cup butter melted
- ☐ 4 large eggs lightly beaten
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup milk 2% reduced-fat
- ☐ 2 tablespoons maple syrup

- ☐ 0.8 cup pecans chopped
- ☐ 1 teaspoon vanilla extract

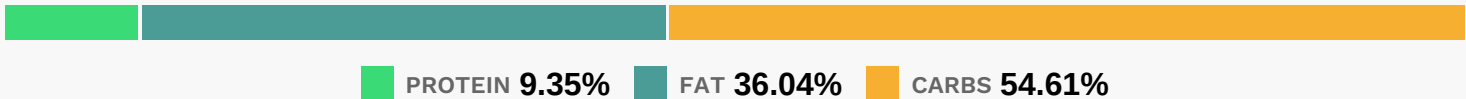
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cut 10 (1-inch-thick) slices of bread. Reserve remaining bread for another use.
- ☐ Stir together brown sugar and next 2 ingredients; pour into a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle with chopped pecans.
- ☐ Whisk together eggs and next 4 ingredients. Arrange bread slices over pecans; pour egg mixture over bread. Cover and chill 8 hours.
- ☐ Preheat oven to 35
- ☐ Bake bread 35 to 37 minutes or until golden brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.21, Glycemic Load:20.85, Inflammation Score:-4, Nutrition Score:11.041739170966%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 379.81kcal (18.99%), Fat: 15.5g (23.85%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 50.95g (18.53%), Sugar: 29.88g (33.2%), Cholesterol: 92.56mg (30.85%), Sodium: 367.81mg (15.99%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 9.05g (18.09%), Manganese: 0.76mg (37.82%), Selenium: 20.37µg (29.11%), Vitamin B1: 0.4mg (26.42%), Vitamin B2: 0.39mg (23.16%), Folate: 68.63µg (17.16%), Iron: 2.52mg (13.98%), Phosphorus: 134.43mg (13.44%), Vitamin B3: 2.35mg (11.77%), Copper: 0.19mg (9.72%), Calcium: 95.34mg (9.53%), Zinc: 1.26mg (8.39%), Magnesium: 32.54mg (8.14%), Fiber: 1.89g (7.56%), Vitamin A: 326.33IU (6.53%), Vitamin B5: 0.65mg (6.51%), Vitamin B6: 0.12mg (5.92%), Potassium: 188.81mg (5.39%), Vitamin B12: 0.32µg (5.27%), Vitamin E: 0.61mg (4.05%), Vitamin D: 0.4µg (2.67%), Vitamin K: 1.3µg (1.24%)