



Praline Pecan French Toast

 Vegetarian

READY IN



530 min.

SERVINGS



8

CALORIES



440 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup firmly brown sugar packed
- 1 tablespoon brown sugar
- 1 tablespoon butter
- 6 eggs
- 12 ounce bread french sliced
- 1.5 cups half-and-half
- 0.5 cup maple syrup
- 0.8 cup pecans toasted chopped

2 teaspoons vanilla extract

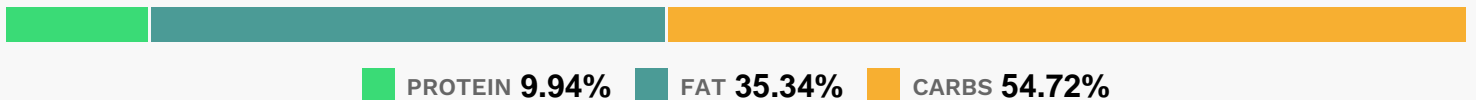
Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan

Directions

- Grease a 9x13-inch baking dish.
- Whisk eggs, half-and-half, 1 tablespoon brown sugar, and vanilla extract in a bowl until mixture is smooth and brown sugar has dissolved.
- Pour 1 cup egg mixture into prepared baking dish. Arrange slices of French bread into baking dish and pour remaining egg mixture evenly over bread. Cover and refrigerate overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Melt butter in a saucepan over medium heat; mix 3/4 cup brown sugar and maple syrup into butter, stirring until smooth. Bring syrup to a boil, reduce heat to low, and simmer for 1 minute, stirring constantly. Stir pecans into syrup. Spoon pecan praline syrup evenly over French toast casserole.
- Bake casserole in the preheated oven until set and golden brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:22, Inflammation Score:-4, Nutrition Score:14.041739266852%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg

Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 440.27kcal (22.01%), Fat: 17.49g (26.9%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 60.94g (20.31%), Net Carbohydrates: 59.11g (21.5%), Sugar: 37.98g (42.2%), Cholesterol: 142.4mg (47.47%), Sodium: 349.88mg (15.21%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 11.06g (22.13%), Manganese: 1.13mg (56.48%), Vitamin B2: 0.69mg (40.57%), Selenium: 24.38µg (34.83%), Vitamin B1: 0.4mg (26.9%), Phosphorus: 180.17mg (18.02%), Folate: 71.49µg (17.87%), Iron: 2.68mg (14.88%), Calcium: 136.47mg (13.65%), Vitamin B3: 2.28mg (11.39%), Zinc: 1.62mg (10.77%), Copper: 0.22mg (10.75%), Magnesium: 39.71mg (9.93%), Vitamin B5: 0.89mg (8.91%), Vitamin A: 387.76IU (7.76%), Potassium: 269.85mg (7.71%), Vitamin B6: 0.15mg (7.66%), Fiber: 1.83g (7.31%), Vitamin B12: 0.38µg (6.38%), Vitamin E: 0.72mg (4.8%), Vitamin D: 0.66µg (4.4%), Vitamin K: 1.43µg (1.37%)