



## Razzle Dazzle French Toast

READY IN



55 min.

SERVINGS



4

CALORIES



828 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 12 slices pepper bacon
- 1 tablespoon brown sugar
- 3 tablespoons malt powder
- 4 large egg yolks
- 8 hand-cut thick
- 0.3 teaspoon kosher salt
- 1 teaspoon kosher salt
- 1 tablespoon maple syrup
- 4 servings maple syrup for dunking

- 8 ounces mascarpone cheese
- 3 half pints raspberries
- 4 tablespoons butter unsalted
- 0.5 vanilla pod
- 1 cup milk whole

## Equipment

- bowl
- baking sheet
- oven
- wire rack
- baking pan

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Spread the bacon on a wire rack fitted over a baking sheet.
- Bake until nice and crispy, 12 to 15 minutes.
- Mix the milk, brown sugar, salt, egg yolks and vanilla bean seeds in a baking dish to make the batter.
- Heat 1 tablespoon of the butter in a large nonstick skillet to medium. Dunk each side of the bread into the batter for a few seconds a side. Fry 2 slices of the battered bread until golden brown, 4 to 5 minutes per side. Repeat the process, wiping the skillet clean between each fry, until you have perfectly golden brown and delicious French toast. (You can hold the French toast in a 200 degree oven on a wire rack set in a baking tray to keep warm if need be.)
- When the French toast is done, schmear each piece with some Mascarpone Cream. Then top with a pile of raspberries and 3 slices bacon. Close, cut in half and serve with maple syrup for dunking.
- Mix together the mascarpone, malt powder, maple syrup, salt and vanilla bean seeds in a bowl, and then set aside until ready to use.

## Nutrition Facts

PROTEIN 8.6% FAT 76.65% CARBS 14.75%

## Properties

Glycemic Index:42, Glycemic Load:7.86, Inflammation Score:-6, Nutrition Score:13.637826145343%

## Nutrients (% of daily need)

Calories: 828.11kcal (41.41%), Fat: 70.04g (107.75%), Saturated Fat: 34.77g (217.32%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 29.91g (10.88%), Sugar: 23.71g (26.34%), Cholesterol: 321.58mg (107.19%), Sodium: 1239.08mg (53.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.36%), Selenium: 24.43µg (34.9%), Vitamin B2: 0.56mg (32.9%), Vitamin A: 1519.51IU (30.39%), Manganese: 0.6mg (29.92%), Phosphorus: 234.36mg (23.44%), Calcium: 217.47mg (21.75%), Vitamin B1: 0.27mg (18.05%), Vitamin B12: 1.03µg (17.22%), Vitamin B3: 2.84mg (14.18%), Vitamin B6: 0.28mg (14.04%), Vitamin D: 2.06µg (13.75%), Vitamin B5: 1.14mg (11.37%), Zinc: 1.65mg (10.97%), Potassium: 330.94mg (9.46%), Vitamin E: 1.09mg (7.24%), Folate: 26.82µg (6.7%), Magnesium: 24.87mg (6.22%), Iron: 0.97mg (5.39%), Copper: 0.05mg (2.7%), Fiber: 0.42g (1.67%), Vitamin K: 1.39µg (1.33%)