



Sally Lunn French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



601 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 package active yeast dry
- ☐ 0.3 cup apple cider
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.3 cup cherries dried
- ☐ 3 large eggs lightly beaten
- ☐ 4.8 cups flour all-purpose
- ☐ 8 servings warm winter fruits

- ☐ 8 servings cinnamon-maple syrup
- ☐ 1 cup milk
- ☐ 1 medium cranberry-orange relish
- ☐ 8 servings honey-pecan butter
- ☐ 1 pinch saffron threads
- ☐ 1 tablespoon salt
- ☐ 8 servings toast custard french
- ☐ 0.3 cup warm water (105° to 115°)

Equipment

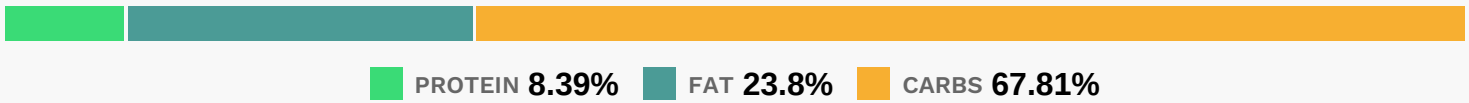
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ measuring cup
- ☐ peeler

Directions

- ☐ Combine cherries, apple cider, and bourbon; let stand 30 minutes.
- ☐ Working over a small bowl to catch juice, remove rind from orange, using a sharp paring knife or vegetable peeler.
- ☐ Cut pith away from rind. Finely chop rind. Squeeze juice from orange.
- ☐ Combine juice, chopped rind, 1 cup milk, 1/2 cup butter, and saffron in a saucepan; heat until butter melts, stirring occasionally. Cool to 120 to 13
- ☐ Combine yeast and warm water in a 1-cup liquid measuring cup; let stand 5 minutes.

- ☐ Combine flour, salt, and brown sugar in a large mixing bowl.
- ☐ Combine milk mixture, yeast mixture, and 3 eggs; stir well. Gradually add liquid mixture to flour mixture, beating at high speed of an electric mixer. Beat 2 additional minutes at medium speed. Stir in cherries and liquid.
- ☐ Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk. Stir batter well.
- ☐ Spoon batter into a well-greased 9" x 5" x 3" loafpan. Cover and let rise in a warm place, free from drafts, 30 minutes or until almost doubled in bulk.
- ☐ Bake at 400 for 15 minutes. Reduce heat to 350, and bake 20 additional minutes. Cool in pan 10 minutes.
- ☐ Remove bread from pan, and cool completely on a wire rack.
- ☐ Cut loaf crosswise into 8 slices.
- ☐ Cut each slice in half diagonally. Dip each bread slice into French Toast Custard, coating well.
- ☐ Arrange 8 half-slices of bread on a preheated greased griddle, and cook 3 minutes on each side or until browned. Repeat procedure with remaining bread slices, regreasing griddle, if needed.
- ☐ Cut a slit in top of each piece of French toast within 1/2" of edge. Stuff each pocket with 2 tablespoons Warm Winter Fruits.
- ☐ Serve French toast with Honey-Pecan Butter, Cinnamon-Maple Syrup, and additional Warm Winter Fruits mixture.

Nutrition Facts



Properties

Glycemic Index:45.34, Glycemic Load:47.43, Inflammation Score:-8, Nutrition Score:19.799565294515%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate:

0.02mg Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 600.5kcal (30.03%), Fat: 15.97g (24.56%), Saturated Fat: 8.65g (54.09%), Carbohydrates: 102.36g (34.12%), Net Carbohydrates: 97.34g (35.4%), Sugar: 38.02g (42.24%), Cholesterol: 103.92mg (34.64%), Sodium: 1020.28mg (44.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.34%), Manganese: 1.07mg (53.73%), Vitamin B1: 0.76mg (50.54%), Vitamin B2: 0.83mg (48.77%), Selenium: 32.23µg (46.04%), Folate: 174.15µg (43.54%), Vitamin B3: 5.38mg (26.88%), Iron: 4.39mg (24.36%), Vitamin A: 1035.06IU (20.7%), Fiber: 5.02g (20.08%), Phosphorus: 178.18mg (17.82%), Vitamin C: 11.4mg (13.82%), Copper: 0.24mg (12.01%), Calcium: 109.45mg (10.95%), Potassium: 365.19mg (10.43%), Vitamin B5: 0.97mg (9.74%), Magnesium: 37.33mg (9.33%), Zinc: 1.29mg (8.57%), Vitamin B6: 0.13mg (6.62%), Vitamin K: 6.89µg (6.56%), Vitamin B12: 0.36µg (5.94%), Vitamin D: 0.71µg (4.74%), Vitamin E: 0.63mg (4.22%)