



Sourdough French Toast with Orange Bourbon Butter and Spiced Pecans

 Vegetarian

READY IN



135 min.

SERVINGS



8

CALORIES



411 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 loaves par-baked sourdough baguettes
- ☐ 1 tablespoon bourbon (recommended: Jack Daniels)
- ☐ 8 servings butter melted for brushing griddle, optional
- ☐ 1 egg white beaten
- ☐ 4 eggs beaten
- ☐ 0.5 teaspoon ground fennel seed
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground pepper black finely
- ☐ 2 tablespoons orange zest
- ☐ 0.5 cup pecans
- ☐ 0.5 teaspoon ground star anise
- ☐ 0.3 cup sugar
- ☐ 8 tablespoons butter unsalted sweet softened (1 stick)

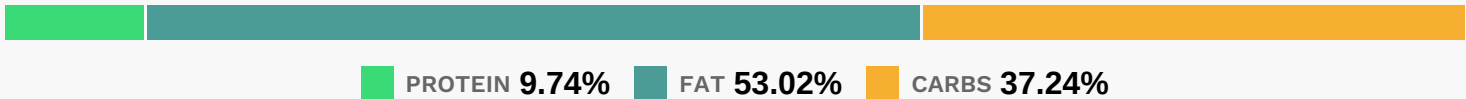
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a large nonstick griddle or large skillet over high heat.
- ☐ Slice the bread on a diagonal into 1-inch slices. Thoroughly coat the bread with the beaten eggs, but do not soak the bread in the egg mixtureit will fall apart. Lightly brush the griddle with melted butter, if desired.
- ☐ Place the coated bread slices on the griddle. Cook over high heat until golden brown and cooked through, about 5 minutes per side.
- ☐ Remove from the pan to warm plates. Top each serving with 1 tablespoon Orange Bourbon Butter and sprinkle with 2 tablespoons Spiced Pecans.
- ☐ Serve immediately.
- ☐ Cream butter in a mixer.
- ☐ Add the bourbon and orange zest and mix well. Leave at room temperature and serve with the French toast. Refrigerate any leftovers.

Nutrition Facts



Properties

Glycemic Index:32.36, Glycemic Load:25.04, Inflammation Score:-5, Nutrition Score:12.744347686353%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

Nutrients (% of daily need)

Calories: 410.89kcal (20.54%), Fat: 24.23g (37.28%), Saturated Fat: 11.22g (70.13%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 35.93g (13.07%), Sugar: 9.57g (10.63%), Cholesterol: 122.69mg (40.9%), Sodium: 458.08mg (19.92%), Alcohol: 0.63g (100%), Alcohol %: 0.64% (100%), Protein: 10.02g (20.04%), Manganese: 1.21mg (60.28%), Vitamin B1: 0.42mg (28.13%), Selenium: 18.79µg (26.84%), Folate: 79.97µg (19.99%), Vitamin B2: 0.34mg (19.82%), Iron: 2.91mg (16.18%), Vitamin B3: 2.98mg (14.91%), Phosphorus: 129.71mg (12.97%), Vitamin A: 606.12IU (12.12%), Calcium: 96.12mg (9.61%), Fiber: 2.36g (9.44%), Copper: 0.19mg (9.26%), Zinc: 1.14mg (7.58%), Magnesium: 29.88mg (7.47%), Vitamin B5: 0.67mg (6.73%), Vitamin E: 0.97mg (6.45%), Vitamin B6: 0.12mg (6.16%), Potassium: 159.9mg (4.57%), Vitamin D: 0.65µg (4.33%), Vitamin B12: 0.23µg (3.86%), Vitamin K: 3.93µg (3.74%), Vitamin C: 2.21mg (2.68%)