



Spicy Spiked Banana French Toast

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



788 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons rum dark
- ☐ 4 slices banana
- ☐ 3 eggs whole
- ☐ 2 egg yolk
- ☐ 0.5 cup milk

- ☐ 0.3 cup whipping cream
- ☐ 1 teaspoon vanilla
- ☐ 3 tablespoons butter unsalted
- ☐ 6 slices bacon

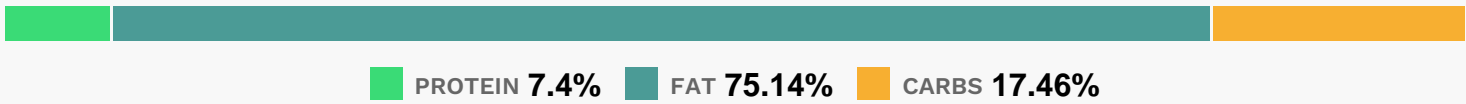
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In 10-inch skillet with lid, melt 1/2 cup butter over medium heat.
- ☐ Add brown sugar and pepper flakes; beat with whisk until brown sugar melts into butter.
- ☐ Remove skillet from heat. Beat in rum with whisk until smooth. Cover; set aside.
- ☐ In large bowl, beat whole eggs and egg yolks with whisk until blended.
- ☐ Add milk, cream and vanilla; beat with whisk until blended.
- ☐ In another 10-inch or a 12-inch skillet, melt 1 tablespoon of the unsalted butter over medium heat. Working in batches, dip bread slices into egg mixture, turning to coat; place in skillet. Cook about 3 minutes on each side or until golden brown. (
- ☐ Add additional butter if needed for each batch).
- ☐ While French Toast is cooking, add sliced bananas to brown sugar-
rum mixture. Cook over medium-low heat about 2 minutes, tossing gently, until bananas are softened.
- ☐ Transfer French Toast to individual plates. Top with Banana-Rum Sauce.

Nutrition Facts



Properties

Glycemic Index:39.44, Glycemic Load:2.32, Inflammation Score:-7, Nutrition Score:12.30782580894%

Flavonoids

Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 788.26kcal (39.41%), Fat: 64.9g (99.85%), Saturated Fat: 33.06g (206.63%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 33.48g (12.17%), Sugar: 30.86g (34.29%), Cholesterol: 359.65mg (119.88%), Sodium: 617.95mg (26.87%), Alcohol: 2.85g (100%), Alcohol %: 1.55% (100%), Protein: 14.38g (28.76%), Selenium: 27.95µg (39.94%), Vitamin A: 1614.82IU (32.3%), Phosphorus: 232.32mg (23.23%), Vitamin B2: 0.34mg (19.97%), Vitamin B12: 0.99µg (16.56%), Vitamin B6: 0.33mg (16.46%), Vitamin D: 2.09µg (13.95%), Vitamin B1: 0.21mg (13.73%), Vitamin B5: 1.36mg (13.6%), Vitamin E: 1.93mg (12.86%), Vitamin B3: 2.41mg (12.07%), Calcium: 113.6mg (11.36%), Zinc: 1.51mg (10.05%), Potassium: 329.4mg (9.41%), Folate: 33.92µg (8.48%), Iron: 1.33mg (7.39%), Magnesium: 23.47mg (5.87%), Manganese: 0.09mg (4.42%), Copper: 0.09mg (4.3%), Vitamin K: 3.66µg (3.49%), Fiber: 0.46g (1.84%), Vitamin C: 1.48mg (1.8%)