



WHATSheATE



## Spicy Spiked Banana French Toast



Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



678 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients



4 slices banana



6 slices bread



0.5 cup butter



0.5 cup t brown sugar dark packed



2 tablespoons rum dark



2 egg yolk



0.5 cup milk



0.3 teaspoon pepper red crushed

- ☐ 3 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup whipping cream
- ☐ 3 eggs whole

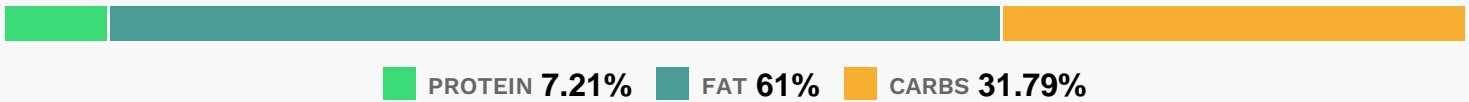
## Equipment

- ☐ 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:54.11, Glycemic Load:13.04, Inflammation Score:-7, Nutrition Score:14.494782691417%

## 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: 678.16kcal (33.91%), Fat: 45.37g (69.8%), Saturated Fat: 26.17g (163.58%), Carbohydrates: 53.19g (17.73%), Net Carbohydrates: 51.06g (18.57%), Sugar: 33.27g (36.96%), Cholesterol: 324.01mg (108%), Sodium: 459.13mg (19.96%), Alcohol: 2.85g (100%), Alcohol %: 1.64% (100%), Protein: 12.06g (24.12%), Selenium: 29.2µg (41.71%), Vitamin A: 1595.68IU (31.91%), Manganese: 0.58mg (29.16%), Vitamin B2: 0.4mg (23.62%), Phosphorus: 208.74mg (20.87%), Folate: 69.62µg (17.41%), Calcium: 163.4mg (16.34%), Vitamin B1: 0.23mg (15.3%), Iron: 2.62mg (14.56%), Vitamin B5: 1.4mg (14.05%), Vitamin B3: 2.59mg (12.94%), Vitamin D: 1.88µg (12.51%), Vitamin B12: 0.72µg (12.06%), Vitamin E: 1.78mg (11.84%), Vitamin B6: 0.23mg (11.61%), Zinc: 1.31mg (8.71%), Fiber: 2.14g (8.56%), Magnesium: 34.21mg (8.55%), Potassium: 281.7mg (8.05%), Copper: 0.13mg (6.27%), Vitamin K: 5.72µg (5.45%), Vitamin C: 1.57mg (1.9%)