



Sugar-Crusted French Toast with Honeyed Apples

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



807 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 medium apples cored peeled halved (such as Braeburn or Golden Delicious)
- ☐ 1 cinnamon sticks
- ☐ 3 large egg yolk
- ☐ 6 large eggs
- ☐ 0.5 cup honey
- ☐ 2 inch lemon zest
- ☐ 2 inch orange zest

- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 6 tablespoons butter unsalted ()
- ☐ 0.5 vanilla pod split
- ☐ 1 tablespoon vanilla extract
- ☐ 3 cups water
- ☐ 15.5 cups milk whole
- ☐ 2 star anise whole

Equipment

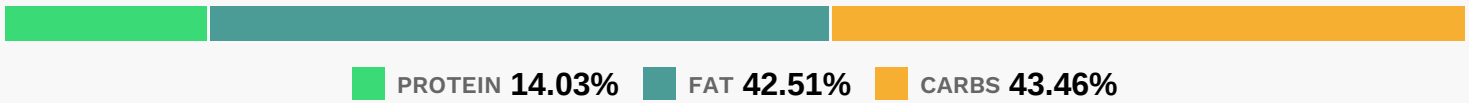
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Combine first 7 ingredients in heavy large saucepan. Scrape in seeds from vanilla bean; add bean. Bring to boil over medium-high heat, stirring to dissolve sugar. Reduce heat to medium-low; simmer 5 minutes.
- ☐ Add apples; cover and simmer until tender, about 12 minutes. Using slotted spoon, transfer apples to bowl. Boil syrup in saucepan until reduced to 1 1/4 cups, about 10 minutes.
- ☐ Add syrup to bowl with apples. (Can be prepared 1 day ahead. Cover and chill. Bring to room temperature before using.)
- ☐ Whisk eggs, yolks, milk, 2/3 cup sugar, vanilla, and salt in 15x10x2-inch baking dish.
- ☐ Place bread in single layer in egg mixture; spoon egg mixture over bread and let stand until soaked through, about 3 minutes.
- ☐ Melt 3 tablespoons butter in each of 2 large nonstick skillets over medium heat.
- ☐ Sprinkle each skillet with 2 tablespoons sugar.

- ☐ Add 3 bread slices to each skillet; cook until deep golden on bottom, about 3 minutes.
- ☐ Sprinkle top of bread slices with sugar, using 2 tablespoons for each skillet; turn slices over and cook until deep golden on bottom, about 3 minutes.
- ☐ Transfer French toast to plates.
- ☐ Place 1 apple half alongside each serving.
- ☐ Drizzle French toast with some of syrup from apples and serve.
- ☐ *Brown star-shaped seedpods sold at Asian markets and specialty foods stores and in the spice section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:33.73, Glycemic Load:42.17, Inflammation Score:-8, Nutrition Score:29.695652339769%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 807.21kcal (40.36%), Fat: 38.89g (59.83%), Saturated Fat: 21.32g (133.27%), Carbohydrates: 89.44g (29.81%), Net Carbohydrates: 86.66g (31.51%), Sugar: 85.72g (95.24%), Cholesterol: 383.54mg (127.85%), Sodium: 518.5mg (22.54%), Alcohol: 0.75g (100%), Alcohol %: 0.1% (100%), Protein: 28.88g (57.75%), Calcium: 839.42mg (83.94%), Phosphorus: 785.54mg (78.55%), Vitamin B2: 1.19mg (70.08%), Vitamin B12: 4.04µg (67.31%), Vitamin D: 8.6µg (57.35%), Selenium: 32.64µg (46.62%), Vitamin A: 1819.45IU (36.39%), Vitamin B5: 3.47mg (34.74%), Potassium: 1153.34mg (32.95%), Vitamin B6: 0.55mg (27.52%), Vitamin B1: 0.41mg (27.14%), Zinc: 3.59mg (23.9%), Magnesium: 90.14mg (22.53%), Fiber: 2.78g (11.11%), Manganese: 0.21mg (10.74%), Vitamin E: 1.57mg (10.44%), Folate: 40.06µg (10.01%), Iron: 1.54mg (8.55%), Vitamin C: 6.66mg (8.08%), Copper: 0.11mg (5.73%), Vitamin K: 5.26µg (5.01%), Vitamin B3: 0.86mg (4.31%)