



Sugar-Crusted French Toast with Honeyed Apples

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



815 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 medium apples cored peeled halved (such as Braeburn or Golden Delicious)
- ☐ 1 cinnamon sticks
- ☐ 6 inch egg bread loaf – crusts
- ☐ 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

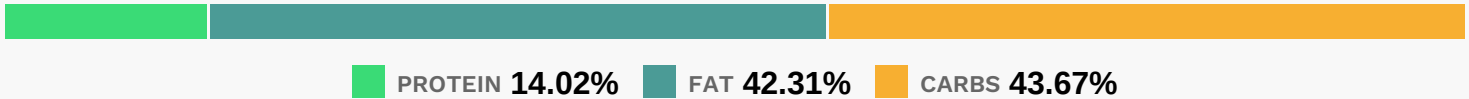
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ slotted spoon

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:29.982608753702%

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: 814.5kcal (40.72%), Fat: 39.04g (60.06%), Saturated Fat: 21.36g (133.52%), Carbohydrates: 90.66g (30.22%), Net Carbohydrates: 87.82g (31.93%), Sugar: 85.76g (95.29%), Cholesterol: 384.84mg (128.28%), Sodium: 528.15mg (22.96%), Alcohol: 0.75g (100%), Alcohol %: 0.1% (100%), Protein: 29.12g (58.23%), Calcium: 841.78mg (84.18%), Phosphorus: 788.23mg (78.82%), Vitamin B2: 1.2mg (70.73%), Vitamin B12: 4.04µg (67.35%), Vitamin D: 8.61µg (57.42%), Selenium: 33.4µg (47.71%), Vitamin A: 1824.81IU (36.5%), Vitamin B5: 3.48mg (34.81%), Potassium: 1156.26mg (33.04%), Vitamin B1: 0.42mg (27.88%), Vitamin B6: 0.55mg (27.6%), Zinc: 3.61mg (24.04%), Magnesium: 90.62mg (22.66%), Manganese: 0.23mg (11.38%), Fiber: 2.84g (11.35%), Folate: 42.72µg (10.68%), Vitamin E: 1.57mg (10.48%), Iron: 1.62mg (8.98%), Vitamin C: 6.66mg (8.08%), Copper: 0.12mg (5.94%), Vitamin K: 5.29µg (5.04%),

Vitamin B3: 0.99mg (4.93%)