



Texas French Toast Bananas Foster

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



794 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon creme de banana liqueur
- ☐ 3 bananas peeled sliced
- ☐ 2 cups brown sugar packed
- ☐ 0.3 cup rum dark
- ☐ 3 eggs
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup heavy cream

- ☐ 0.5 cup orange juice
- ☐ 0.3 teaspoon liqueur orange-flavored (recommended: Grand Marnier)
- ☐ 0.1 teaspoon sea salt
- ☐ 6 texas toast croutons french thick (brioche)
- ☐ 1 cup butter unsalted
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 0.3 cup milk whole

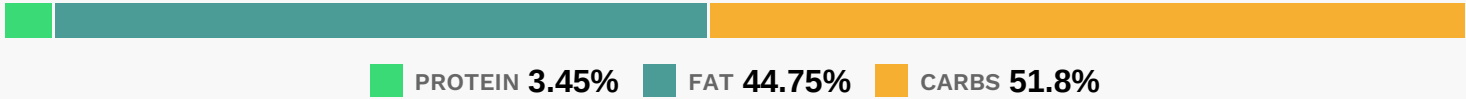
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pastry brush

Directions

- ☐ Watch how to make this recipe.
- ☐ Batter: In a large bowl, combine all of the ingredients until a smooth batter is formed.
- ☐ Sauce: In a saucepan over medium-high heat, melt the butter, then add the brown sugar. Stir continuously until the sugar has dissolved.
- ☐ Add the cinnamon and orange juice and bring to a simmer.
- ☐ Remove the pan from the heat, pour in the rum and creme de banana, if using, then return the pan to the heat.
- ☐ Brush down the sides of the pan with water using a pastry brush.
- ☐ Remove from heat.
- ☐ In a small saute pan, add 1/4 cup of the caramel sauce and the bananas.
- ☐ Saute over high heat until just warmed through. Keep warm.
- ☐ Toast: Preheat a griddle or a nonstick pan over high heat. Dip the bread slices into the batter, then put them on the griddle, turning over after 2 minutes. To each serving plate, add 1/4 cup of the caramel sauce and top with the French toast. Spoon the bananas, over the toast and drizzle with some of the caramel sauce.

Nutrition Facts



Properties

Glycemic Index:28.3, Glycemic Load:7.87, Inflammation Score:-7, Nutrition Score:11.508260913517%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 794.48kcal (39.72%), Fat: 39.1g (60.16%), Saturated Fat: 23.61g (147.59%), Carbohydrates: 101.87g (33.96%), Net Carbohydrates: 99.68g (36.25%), Sugar: 83.32g (92.57%), Cholesterol: 179.97mg (59.99%), Sodium: 244.28mg (10.62%), Alcohol: 4.09g (100%), Alcohol %: 1.88% (100%), Protein: 6.77g (13.55%), Vitamin A: 1360.04IU (27.2%), Selenium: 16.1µg (23%), Vitamin C: 15.55mg (18.85%), Manganese: 0.33mg (16.71%), Vitamin B2: 0.28mg (16.53%), Vitamin B6: 0.32mg (16.02%), Calcium: 140.37mg (14.04%), Folate: 53.62µg (13.41%), Potassium: 452.3mg (12.92%), Phosphorus: 116.59mg (11.66%), Iron: 1.87mg (10.38%), Vitamin B1: 0.15mg (9.98%), Magnesium: 36.57mg (9.14%), Vitamin D: 1.37µg (9.12%), Vitamin E: 1.36mg (9.07%), Fiber: 2.19g (8.77%), Vitamin B5: 0.86mg (8.58%), Vitamin B3: 1.48mg (7.39%), Copper: 0.15mg (7.31%), Vitamin B12: 0.36µg (5.98%), Zinc: 0.68mg (4.55%), Vitamin K: 4.28µg (4.08%)