



Toffee French Toast with Pecans

READY IN



45 min.

SERVINGS



4

CALORIES



1662 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 lb day-old brioche thick (1 in.)
- ☐ 1 teaspoon cinnamon
- ☐ 8 large eggs
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 4 servings sauce
- ☐ 1.5 cups brown sugar light packed
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 3 tablespoons orange juice orange-flavored (such as Grand Marnier)
- ☐ 0.5 cup pecans roughly chopped

- ☐ 2 tablespoons butter salted
- ☐ 4 servings buttered toast french
- ☐ 1 cup butter unsalted
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ microwave

Directions

- ☐ Prepare sauce: Melt unsalted butter in a medium saucepan over medium-low heat. Stir in brown sugar until well blended, then bring to a boil. Boil until sugar dissolves, 5 to 8 minutes. Carefully stir in cream (mixture may spatter) and pecans; reduce heat to low.
- ☐ Make French toast: In a large shallow bowl, whisk together eggs, nutmeg, cinnamon, vanilla, and orange liqueur.
- ☐ Heat a large cast-iron skillet or nonstick frying pan over medium heat. Melt 1 tbsp. salted butter in skillet, tipping pan to coat. Quickly dip bread, 1 piece at a time, into egg batter, coating both sides but not drenching.
- ☐ Lay bread in skillet and repeat with remaining bread. Cook until golden brown, 1 1/2 to 2 minutes; then flip, add remaining 1 tbsp. butter, and cook until second side is golden brown, 1 1/2 to 2 minutes more.
- ☐ Transfer French toast to plates, top with some of warm toffee sauce, and serve remaining sauce on the side.
- ☐ Make ahead: Sauce keeps up to 2 days, covered and chilled (reheat in a microwave oven).

Nutrition Facts



 **PROTEIN 6.83%**  **FAT 60.21%**  **CARBS 32.96%**

Properties

Glycemic Index:46.75, Glycemic Load:0.77, Inflammation Score:-9, Nutrition Score:20.472608783971%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1662.04kcal (83.1%), Fat: 113.22g (174.19%), Saturated Fat: 61.66g (385.35%), Carbohydrates: 139.48g (46.49%), Net Carbohydrates: 137.83g (50.12%), Sugar: 83.86g (93.18%), Cholesterol: 753.41mg (251.14%), Sodium: 764.88mg (33.26%), Alcohol: 0.52g (100%), Alcohol %: 0.15% (100%), Protein: 28.9g (57.8%), Vitamin A: 3795.65IU (75.91%), Selenium: 34.52µg (49.32%), Manganese: 0.8mg (39.85%), Vitamin B2: 0.59mg (34.66%), Phosphorus: 284.1mg (28.41%), Calcium: 251.51mg (25.15%), Vitamin D: 3.57µg (23.77%), Iron: 3.98mg (22.1%), Vitamin E: 3.15mg (21%), Vitamin B5: 1.97mg (19.73%), Vitamin B12: 1.07µg (17.83%), Copper: 0.3mg (14.97%), Folate: 59.51µg (14.88%), Zinc: 2.12mg (14.15%), Vitamin B6: 0.26mg (12.85%), Potassium: 392.9mg (11.23%), Magnesium: 42.68mg (10.67%), Vitamin B1: 0.16mg (10.56%), Vitamin C: 6.82mg (8.26%), Fiber: 1.65g (6.6%), Vitamin K: 6.87µg (6.54%), Vitamin B3: 0.49mg (2.43%)