



# Upside-Down Apple French Toast with Cranberries and Pecans

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



600 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 loaf challah bread cut into 1 inch-thick slices
- 6 servings confectioners' sugar
- 0.5 cup cranberries dried
- 4 eggs
- 4 granny smith apples
- 0.3 teaspoon ground cinnamon
- 0.3 cup heavy cream

- 1 cup brown sugar light divided plus more for sprinkling,
- 0.5 cup pecans
- 0.5 stick butter unsalted cut into small cubes
- 1 teaspoon vanilla extract pure
- 1 cup milk whole

## Equipment

- frying pan
- oven
- whisk

## Directions

- Preheat oven to 350 degrees F.
- In a flat dish, crack eggs and add milk, vanilla extract and cinnamon.
- Whisk until well combined then lay challah slices in mixture to coat and absorb it all, turning occasionally.
- Set a 10-inch skillet, seasoned cast iron if you have, over medium heat.
- Add the butter and 1 cup sugar and cook, stirring constantly, until the sugar has melted and caramelized, about 8 minutes. While the sugar is melting, peel apples, core and cut into halves.
- Remove from heat and gently whisk in the heavy cream.
- Sprinkle in the pecans, dried cranberries and gently press in the apple halves so there is a flat surface.
- Lay soaked slices of challah over the top so it is completely covered – you should be able to arrange the large slices and small slices so there are no gaps.
- Sprinkle the top with some brown sugar and place into the preheated oven.
- Bake in the middle of the oven for 40 to 45 minutes until the top is golden and puffy.
- When done, allow to cool for 2 to 3 minutes then invert onto a large plate. Dust with confectioners' sugar, if desired, and serve.

## Nutrition Facts

PROTEIN 6.55% FAT 34.7% CARBS 58.75%

## Properties

Glycemic Index:14.17, Glycemic Load:5.18, Inflammation Score:-6, Nutrition Score:13.817391395569%

## Flavonoids

Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 9.2mg, Epicatechin: 9.2mg, Epicatechin: 9.2mg, Epicatechin: 9.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

## Nutrients (% of daily need)

Calories: 599.71kcal (29.99%), Fat: 23.83g (36.66%), Saturated Fat: 9.95g (62.16%), Carbohydrates: 90.8g (30.27%), Net Carbohydrates: 85.65g (31.15%), Sugar: 66.79g (74.21%), Cholesterol: 164.7mg (54.9%), Sodium: 216.48mg (9.41%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Protein: 10.11g (20.23%), Manganese: 0.68mg (33.97%), Selenium: 22.4µg (32%), Vitamin B2: 0.42mg (24.94%), Fiber: 5.15g (20.61%), Vitamin B1: 0.28mg (18.59%), Phosphorus: 185.75mg (18.57%), Calcium: 155.74mg (15.57%), Vitamin A: 755.42IU (15.11%), Folate: 59.93µg (14.98%), Iron: 2.34mg (13%), Copper: 0.24mg (12.1%), Vitamin B3: 2.21mg (11.06%), Potassium: 375.45mg (10.73%), Vitamin D: 1.48µg (9.9%), Vitamin B5: 0.96mg (9.6%), Vitamin B6: 0.19mg (9.44%), Vitamin B12: 0.55µg (9.17%), Magnesium: 36.34mg (9.08%), Zinc: 1.32mg (8.81%), Vitamin E: 1.28mg (8.56%), Vitamin C: 5.76mg (6.98%), Vitamin K: 5.28µg (5.03%)