



Upside-Down Banana-Walnut French Toast

READY IN



130 min.

SERVINGS



10

CALORIES



494 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups brown sugar packed
- 0.5 cup butter melted
- 0.3 cup plus light
- 0.5 cup walnut pieces chopped
- 3 medium banana sliced
- 1 lb raisin bread firm sliced
- 6 large eggs
- 1.5 cups milk
- 1 teaspoon vanilla

1 serving powdered sugar

Equipment

bowl

oven

knife

whisk

baking pan

glass baking pan

Directions

Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, stir brown sugar, butter, corn syrup and walnuts until smooth. Gently stir in bananas. Spoon mixture into baking dish.

Reserve ends of bread for another use because they don't soak up the egg mixture very well. Arrange 2 layers of bread on banana mixture, tearing bread to fit if needed.

In medium bowl, beat eggs, milk and vanilla with wire whisk until well blended.

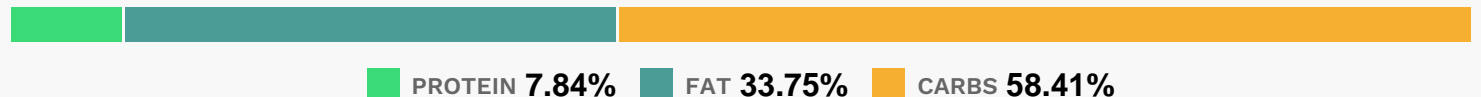
Pour over bread. Cover tightly; refrigerate at least 1 hour but no longer than 24 hours.

Heat oven to 325°F. Uncover; bake 45 to 55 minutes or until knife inserted in center comes out clean.

Serve portions upside down, spooning sauce from bottom of dish over each serving.

Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:20.28, Glycemic Load:21.35, Inflammation Score:-6, Nutrition Score:12.410869598389%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 494.31kcal (24.72%), Fat: 19.11g (29.39%), Saturated Fat: 4.4g (27.52%), Carbohydrates: 74.39g (24.8%), Net Carbohydrates: 71.13g (25.87%), Sugar: 48.31g (53.68%), Cholesterol: 115.99mg (38.66%), Sodium: 335.98mg (14.61%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 9.98g (19.96%), Selenium: 20.08µg (28.68%), Manganese: 0.55mg (27.72%), Vitamin B2: 0.41mg (23.97%), Folate: 75.44µg (18.86%), Phosphorus: 177.79mg (17.78%), Vitamin B1: 0.22mg (14.89%), Vitamin B6: 0.28mg (14.03%), Calcium: 131.21mg (13.12%), Fiber: 3.26g (13.05%), Vitamin A: 651.11IU (13.02%), Iron: 2.34mg (12.99%), Copper: 0.25mg (12.41%), Potassium: 401.15mg (11.46%), Magnesium: 42.03mg (10.51%), Vitamin B3: 1.97mg (9.87%), Vitamin B5: 0.98mg (9.77%), Vitamin B12: 0.48µg (7.93%), Zinc: 1.15mg (7.64%), Vitamin D: 1µg (6.68%), Vitamin E: 0.89mg (5.92%), Vitamin C: 3.22mg (3.91%), Vitamin K: 1.31µg (1.24%)