



Upside-Down Caramel Latte Bake

 Vegetarian

READY IN



550 min.

SERVINGS



8

CALORIES



1086 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup brown sugar packed
- 0.3 cup granulated sugar
- 0.5 cup butter
- 0.3 cup maple syrup
- 1 tablespoon espresso powder instant
- 0.5 cup pecans chopped
- 10 slices bread french (1/)
- 0.3 cup butter melted

- 0.5 cup brown sugar packed
- 0.5 cup pecans chopped
- 10 slices bread french (1/)
- 6 eggs
- 2 teaspoons vanilla
- 0.8 cup whipping cream
- 0.8 cup milk
- 0.3 cup granulated sugar
- 0.5 cup whipping cream
- 1 tablespoon sugar

Equipment

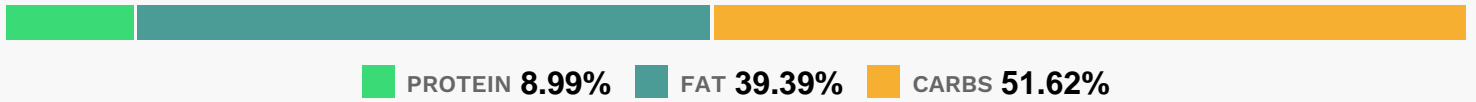
- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- hand mixer
- spatula

Directions

- Spray 13x9-inch (3-quart) baking dish with cooking spray.
- In 2-quart saucepan, mix 3/4 cup brown sugar, 1/4 cup granulated sugar, 1/2 cup butter, the maple syrup and espresso. Cook 4 to 6 minutes over medium heat until sugars dissolve and mixture is smooth.
- Pour into baking dish.
- Sprinkle with 1/2 cup pecans. Top with 10 slices French bread, cutting slices in half if necessary to fit in baking dish in single layer.

- Drizzle 1/4 cup melted butter over bread in pan.
- Sprinkle with 1/2 cup brown sugar and 1/2 cup pecans. Top with 10 slices French bread.
- In large bowl, beat custard ingredients with wire whisk. Slowly pour mixture over French bread. Press down on bread with spatula so all of bread absorbs egg mixture. Cover; refrigerate 8 to 24 hours.
- When ready to bake, heat oven to 350°F. Uncover; bake 35 to 40 minutes until puffed and lightly browned.
- Let stand 5 to 10 minutes before serving.
- Meanwhile, in medium bowl, beat whipped topping ingredients with electric mixer on high speed until stiff peaks form.
- Serve each piece upside down with a dollop of whipped topping.

Nutrition Facts



Properties

Glycemic Index:70.72, Glycemic Load:76.73, Inflammation Score:-8, Nutrition Score:30.238260691581%

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

Nutrients (% of daily need)

Calories: 1086.07kcal (54.3%), Fat: 48.28g (74.28%), Saturated Fat: 22.64g (141.5%), Carbohydrates: 142.35g (47.45%), Net Carbohydrates: 137.52g (50.01%), Sugar: 63.73g (70.81%), Cholesterol: 213.28mg (71.09%), Sodium: 1176.62mg (51.16%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Caffeine: 19.63mg (6.54%), Protein: 24.79g (49.59%), Manganese: 1.73mg (86.45%), Vitamin B1: 1.27mg (84.48%), Selenium: 58.75µg (83.92%), Vitamin B2: 1.09mg (64.25%), Folate: 217.78µg (54.44%), Iron: 7.51mg (41.73%), Vitamin B3: 8.18mg (40.9%), Phosphorus: 324.19mg (32.42%), Vitamin A: 1301.36IU (26.03%), Copper: 0.45mg (22.68%), Magnesium: 84.79mg (21.2%), Calcium: 209.64mg (20.96%), Zinc: 2.99mg (19.96%), Fiber: 4.83g (19.31%), Vitamin B6: 0.3mg (14.9%), Vitamin B5: 1.41mg (14.08%), Potassium: 455.6mg (13.02%), Vitamin E: 1.72mg (11.47%), Vitamin D: 1.51µg (10.04%), Vitamin B12: 0.51µg (8.55%), Vitamin K: 4.46µg (4.24%)