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# Banana Caramel French Toast Skillet ♦♦

This delicious breakfast dish features caramelized bananas and a sweet caramel sauce on top of fluffy French toast. It's the perfect combination of flavors and textures to start your day off right.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

## Ingredients

<b>8 slices</b>	bread slices
<b>4 eggs</b>	Eggs
<b>1 c</b>	Milk
<b>1 tsp</b>	vanilla extract

<b>2</b>	Bananas
<b>bananas</b>	
<b>4 tbsp</b>	butter
<b>1 c</b>	brown sugar
<b>1 tsp</b>	cinnamon
<b>1 c</b>	whipped cream

## Directions

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### Step 1

#### Mixing

In a shallow dish, whisk together eggs, milk, and vanilla extract.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Dipping

Dip each bread slice into the egg mixture, allowing it to soak for a few seconds on each side.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Stove

Heat a skillet over medium heat and melt 1 tablespoon of butter.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 4

Frying

Cook the soaked bread slices in the skillet until golden brown, about 2-3 minutes per side.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 5

Remove the cooked French toast from the skillet and set aside.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 6

Stove

In the same skillet, melt 2 tablespoons of butter and add sliced bananas.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 7

Stove

Sprinkle brown sugar and cinnamon over the bananas and cook until caramelized, about 3-4 minutes.

**Prep Time:** 0 mins

**Cook Time:** 4 mins

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## Step 8

Place the cooked French toast on a serving plate and top with caramelized bananas.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

Drizzle with caramel sauce and serve with whipped cream.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	3 g	7.89%	12%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	150 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Events

Christmas Birthday Valentine's Day

### Meal Type

Breakfast Snack Brunch Supper

### Nutritional Content

Low Calorie Low Fat Low Carb High Fiber Low Sodium

### Kitchen Tools

Blender Slow Cooker

### Course

Appetizers Main Dishes Desserts Breads Salads Snacks

Sauces & Dressings

### Cultural

Chinese New Year

### Difficulty Level

Medium

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