



Apricot French toast

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



610 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 50 g butter
- ☐ 6 apricots halved
- ☐ 200 g mrs richardson's butterscotch caramel sauce (we used Bonne Maman confiture de caramel)
- ☐ 350 g ready-made vanilla custard
- ☐ 8 small day-old brioche white thick

Equipment

- ☐ frying pan

Directions

- ☐ Melt 1 tbsp butter in a medium-size frying pan. Put in the apricots, cut-side down, and gently fry for 2-3 mins. Flip over and cook for 1 min more until lightly golden.
- ☐ Add the caramel to the pan and melt until saucy if its still too thick to coat the fruit, add a splash of water. Keep warm.
- ☐ Mix the custard with 4 tbsp of water to loosen, then dip in the bread slices, turning to coat thoroughly. Melt half the remaining butter in a large non-stick frying pan. Lightly shake off any excess custard mixture from half the bread slices and fry in the butter for 2 mins each side until golden. Repeat with remaining butter and bread, then serve hot with the caramel apricots.

Nutrition Facts



Properties

Glycemic Index:41.61, Glycemic Load:19.53, Inflammation Score:-8, Nutrition Score:10.371304185494%

Flavonoids

Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 609.83kcal (30.49%), Fat: 12.19g (18.75%), Saturated Fat: 6.86g (42.87%), Carbohydrates: 70g (23.33%), Net Carbohydrates: 67.8g (24.66%), Sugar: 47.1g (52.33%), Cholesterol: 26.88mg (8.96%), Sodium: 497.77mg (21.64%), Alcohol: 30.1g (100%), Alcohol %: 15.11% (100%), Protein: 6.21g (12.43%), Manganese: 0.56mg (28.13%), Vitamin A: 1369.03IU (27.38%), Vitamin B1: 0.28mg (18.63%), Selenium: 12.43µg (17.75%), Folate: 61.6µg (15.4%), Vitamin B3: 3.07mg (15.36%), Calcium: 149.45mg (14.94%), Vitamin B2: 0.23mg (13.43%), Iron: 1.99mg (11.07%), Potassium: 359.98mg (10.28%), Phosphorus: 96.32mg (9.63%), Fiber: 2.2g (8.8%), Copper: 0.17mg (8.3%), Magnesium: 32mg (8%), Vitamin C: 5.5mg (6.67%), Vitamin E: 0.89mg (5.95%), Vitamin B5: 0.52mg (5.17%), Vitamin B6: 0.1mg (4.87%), Zinc: 0.65mg (4.35%), Vitamin K: 2.71µg (2.58%), Vitamin B12: 0.11µg (1.85%)