



French Toast with Pears and Pomegranate Sauce

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



489 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 purée of usa bartlett pear red firm cored ripe unpeeled halved cut lengthwise into 1/3-inch-thick slices
- 4 tablespoons butter divided
- 4.8 inch egg bread loaf - crusts
- 5 large eggs
- 0.8 cup brown sugar packed ()
- 1.3 teaspoons ground cardamom divided
- 1 cup pomegranate juice

- 2 teaspoons vanilla extract
- 1 cup milk whole

Equipment

- frying pan
- whisk
- spatula

Directions

- Whisk eggs, milk, vanilla, and 1/2 teaspoon cardamom to blend in 15x10x2-inch glass baking dish.
- Add bread slices; let stand until egg mixture is absorbed, turning bread slices occasionally with spatula, about 10 minutes.
- Meanwhile, melt 1 tablespoon butter in large nonstick skillet over medium-high heat.
- Add pears; sauté until beginning to soften, about 3 minutes.
- Transfer pears to plate.
- Add 2 tablespoons butter to skillet; stir to melt.
- Add pomegranate juice, sugar, and remaining 3/4 teaspoon cardamom; simmer until liquid is slightly thickened and syrupy, about 5 minutes.
- Remove sauce from heat.
- Melt remaining 1 tablespoon butter on griddle or in another large nonstick skillet over medium heat.
- Add bread slices and cook until golden brown, about 3 minutes per side.
- Cut French toast slices diagonally in half; divide among plates. Top with pear slices, spoon sauce over, and serve.
- Bon Appétit

Nutrition Facts



PROTEIN 8.83% FAT 36.27% CARBS 54.9%

Properties

Glycemic Index:33.5, Glycemic Load:5.45, Inflammation Score:-5, Nutrition Score:12.538260905639%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 489.15kcal (24.46%), Fat: 19.8g (30.46%), Saturated Fat: 10.39g (64.92%), Carbohydrates: 67.41g (22.47%), Net Carbohydrates: 64.34g (23.4%), Sugar: 59.96g (66.62%), Cholesterol: 271.46mg (90.49%), Sodium: 231.75mg (10.08%), Alcohol: 0.69g (100%), Alcohol %: 0.26% (100%), Protein: 10.84g (21.68%), Selenium: 22.17µg (31.66%), Vitamin B2: 0.42mg (24.9%), Phosphorus: 211.44mg (21.14%), Calcium: 167.9mg (16.79%), Manganese: 0.33mg (16.65%), Vitamin A: 817.46IU (16.35%), Vitamin B12: 0.91µg (15.21%), Vitamin B5: 1.48mg (14.8%), Potassium: 472.5mg (13.5%), Folate: 53.65µg (13.41%), Vitamin D: 1.93µg (12.89%), Fiber: 3.07g (12.26%), Vitamin K: 11.23µg (10.7%), Vitamin B6: 0.21mg (10.64%), Iron: 1.8mg (10.01%), Vitamin E: 1.36mg (9.08%), Zinc: 1.28mg (8.54%), Copper: 0.16mg (7.81%), Magnesium: 30.75mg (7.69%), Vitamin B1: 0.09mg (6.3%), Vitamin C: 4.11mg (4.98%), Vitamin B3: 0.61mg (3.07%)