



# French Toast with Pears and Pomegranate Sauce

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



480 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
- 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.

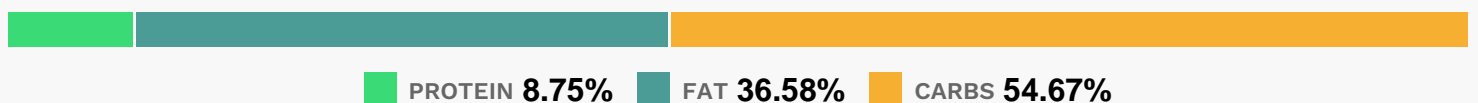
Melt remaining 1 tablespoon butter on griddle or in another large nonstick skillet over medium heat.

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



## Properties

Glycemic Index:33.5, Glycemic Load:5.45, Inflammation Score:-5, Nutrition Score:12.20000000622%

## 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: 480.49kcal (24.02%), Fat: 19.62g (30.18%), Saturated Fat: 10.34g (64.62%), Carbohydrates: 65.97g (21.99%), Net Carbohydrates: 62.97g (22.9%), Sugar: 59.91g (66.56%), Cholesterol: 269.92mg (89.97%), Sodium: 220.29mg (9.58%), Alcohol: 0.69g (100%), Alcohol %: 0.26% (100%), Protein: 10.55g (21.11%), Selenium: 21.26µg (30.37%), Vitamin B2: 0.41mg (24.12%), Phosphorus: 208.24mg (20.82%), Calcium: 165.1mg (16.51%), Vitamin A: 811.1IU (16.22%), Manganese: 0.32mg (15.9%), Vitamin B12: 0.91µg (15.16%), Vitamin B5: 1.47mg (14.71%), Potassium: 469.03mg (13.4%), Vitamin D: 1.92µg (12.81%), Folate: 50.49µg (12.62%), Fiber: 3g (11.98%), Vitamin K: 11.21µg (10.67%), Vitamin B6: 0.21mg (10.54%), Iron: 1.71mg (9.5%), Vitamin E: 1.35mg (9.03%), Zinc: 1.26mg (8.38%), Copper: 0.15mg (7.57%), Magnesium: 30.18mg (7.55%), Vitamin B1: 0.08mg (5.42%), Vitamin C: 4.11mg (4.98%), Vitamin B3: 0.47mg (2.34%)