



French Toast with Poached Pears, Walnut Ice Cream, and Caramel Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



722 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 bartlett pears firm
- ☐ 2 tablespoons butter
- ☐ 6 servings mrs richardson's butterscotch caramel sauce
- ☐ 2 cups cooking wine dry white
- ☐ 4 large eggs
- ☐ 6 servings pesticide-free pansies
- ☐ 12 slices baguette french 3/4-inch-thick
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 6 servings walnut ice cream
- ☐ 2 cups milk
- ☐ 1 sprigs garnishes: mint pesticide-free pansies fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar

Equipment

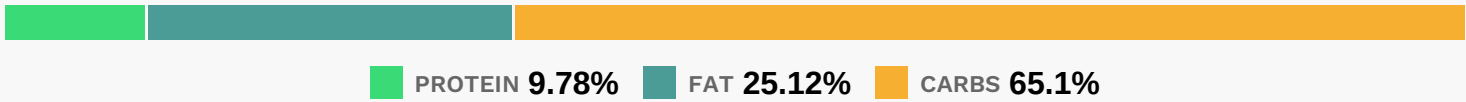
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring 1/2 cup sugar and wine to a boil in a Dutch oven over medium-high heat, stirring until sugar dissolves. Reduce heat, and simmer 5 minutes.
- ☐ Peel and core pears; cut in half.
- ☐ Add to wine mixture. Bring to a boil; cover, reduce heat, and simmer 10 to 15 minutes or until pears are crisp-tender.
- ☐ Transfer pears and poaching liquid to a bowl; cool completely.
- ☐ Cut each pear half into 6 wedges; return to liquid. Cover and chill.
- ☐ Whisk together eggs, milk, and next 4 ingredients. Dip each bread slice into the spiced egg mixture.
- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium heat; add half of the bread slices, and cook 2 to 3 minutes on each side or until lightly browned.
- ☐ Remove from skillet, and keep warm. Repeat procedure with remaining 1 tablespoon butter and bread slices.
- ☐ Drain pears.
- ☐ Serve French toast slices with pears and Walnut Ice Cream.

Drizzle with Caramel Sauce; arrange mint and pansies on each plate, if desired.

Nutrition Facts



Properties

Glycemic Index:73.66, Glycemic Load:50.89, Inflammation Score:-7, Nutrition Score:18.071739113849%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 722.05kcal (36.1%), Fat: 18.78g (28.89%), Saturated Fat: 8.19g (51.17%), Carbohydrates: 109.47g (36.49%), Net Carbohydrates: 104.83g (38.12%), Sugar: 73.91g (82.12%), Cholesterol: 162.98mg (54.33%), Sodium: 818.32mg (35.58%), Alcohol: 8.24g (100%), Alcohol %: 2.17% (100%), Protein: 16.44g (32.89%), Vitamin B2: 0.67mg (39.4%), Selenium: 24.79µg (35.42%), Phosphorus: 319.46mg (31.95%), Vitamin B1: 0.47mg (31.6%), Calcium: 308.26mg (30.83%), Manganese: 0.48mg (24.07%), Folate: 94.69µg (23.67%), Fiber: 4.64g (18.56%), Iron: 3.26mg (18.14%), Vitamin B12: 1.07µg (17.83%), Vitamin B3: 3.33mg (16.66%), Vitamin A: 824.88IU (16.5%), Potassium: 555.78mg (15.88%), Vitamin B5: 1.58mg (15.81%), Magnesium: 55.46mg (13.86%), Vitamin B6: 0.27mg (13.43%), Zinc: 1.9mg (12.66%), Vitamin D: 1.69µg (11.29%), Copper: 0.19mg (9.66%), Vitamin E: 1.05mg (6.98%), Vitamin K: 6.19µg (5.9%), Vitamin C: 4.58mg (5.55%)