



Lemon French toast with poached plums

READY IN



30 min.

SERVINGS



4

CALORIES



523 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs beaten
- ☐ 100 ml milk
- ☐ 1 lemon zest
- ☐ 4 tbsp caster sugar
- ☐ 4 slices bread cut in half diagonally
- ☐ 50 g butter
- ☐ 450 g plums halved
- ☐ 1 tbsp juice of lemon
- ☐ 4 servings whipped cream

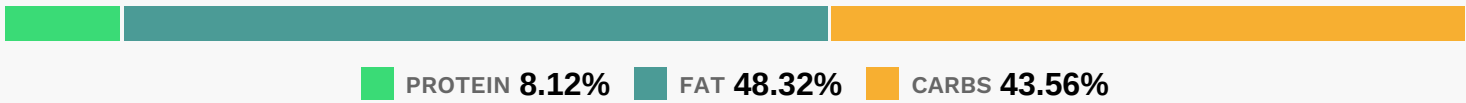
Equipment

☐ frying pan

Directions

- ☐ Mix the eggs, milk, lemon zest and 1 tbsp sugar in a shallow dish.
- ☐ Add the bread, then turn in the liquid until well soaked.
- ☐ Put 2 tbsp sugar and 25g butter in a frying pan, then heat gently until the sugar has melted.
- ☐ Add the plums, then fry until they are softened and the juice is golden brown, about 5 mins.
- ☐ Add the lemon juice, then heat gently to make a light syrup.
- ☐ Heat the remaining butter in a large non- stick frying pan, then add the slices of bread and fry on each side until golden brown. Put two slices on each plate, sprinkle with the remaining sugar, then spoon over the plums and their juices.
- ☐ Serve as they are or with crme frache or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:64.44, Glycemic Load:22.41, Inflammation Score:-7, Nutrition Score:9.4500000580497%

Flavonoids

Cyanidin: 6.33mg, Cyanidin: 6.33mg, Cyanidin: 6.33mg, Cyanidin: 6.33mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 522.8kcal (26.14%), Fat: 28.7g (44.15%), Saturated Fat: 16.61g (103.82%), Carbohydrates: 58.22g (19.41%), Net Carbohydrates: 56.01g (20.37%), Sugar: 38.61g (42.9%), Cholesterol: 200.7mg (66.9%), Sodium: 334.41mg (14.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.69%), Vitamin A: 1439.85IU (28.8%), Vitamin B2: 0.33mg (19.53%), Vitamin C: 14.47mg (17.54%), Calcium: 160.6mg (16.06%), Phosphorus: 160.38mg (16.04%), Selenium: 8.64µg (12.35%), Potassium: 386.5mg (11.04%), Vitamin B12: 0.61µg (10.23%), Vitamin B5: 0.99mg (9.92%), Fiber: 2.21g (8.83%), Vitamin K: 8.42µg (8.02%), Vitamin E: 1.03mg (6.89%), Zinc: 0.98mg (6.5%), Vitamin B6: 0.12mg (6.11%), Magnesium: 23.55mg (5.89%), Vitamin D: 0.86µg (5.7%), Iron: 1.01mg (5.61%), Vitamin B1: 0.08mg (5.61%), Folate: 20.58µg (5.15%), Copper: 0.1mg (4.91%), Manganese: 0.07mg (3.6%), Vitamin B3: 0.6mg (3.02%)