



Pain Perdu

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



426 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 ounces blanched almonds and toasted sliced
- ☐ 1 large brioche loaf
- ☐ 6 servings confectioners' sugar
- ☐ 6 extra large eggs
- ☐ 2 tablespoons honey
- ☐ 2 teaspoons kosher salt
- ☐ 1.5 cups milk
- ☐ 3 tablespoons orange liqueur divided recommended: Grand Marnier

- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 pint strawberries fresh hulled sliced
- ☐ 2 tablespoons sugar divided
- ☐ 6 servings butter unsalted
- ☐ 1.5 teaspoons vanilla extract pure
- ☐ 6 servings vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine the sliced strawberries, 1 tablespoon of the sugar, and 1 tablespoon of the orange liqueur in a small bowl and set aside.
- ☐ Preheat the oven to 250 degrees F.
- ☐ In a large bowl, whisk together the eggs, milk, honey, 1 tablespoon of sugar, 2 tablespoons orange liqueur, the vanilla, orange zest, and salt. Slice the bread in 3/4-inch slices.
- ☐ Pour the egg mixture into a large shallow plate and soak a few slices of bread for 4 minutes, turning once.
- ☐ Heat 1 tablespoon each of butter and oil in a very large saute pan over medium heat. Take each slice of bread from the egg mixture, dip one side in the toasted almonds, and place in the saute pan, almond side down. (While you're cooking each batch, add more bread to the egg mixture to soak.) Cook for 2 to 3 minutes on each side, until nicely browned.
- ☐ Place the cooked bread on a baking sheet and keep it warm in the oven. Wipe out the pan with a dry paper towel, add more butter and oil, and continue to fry the remaining soaked bread until they're all cooked.
- ☐ Sprinkle with confectioners' sugar and serve hot with the strawberries.

Nutrition Facts

PROTEIN 10.43% FAT 62.8% CARBS 26.77%

Properties

Glycemic Index:33.39, Glycemic Load:7.78, Inflammation Score:-5, Nutrition Score:13.1847825465%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 425.54kcal (21.28%), Fat: 29.25g (45%), Saturated Fat: 7.91g (49.42%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 26.5g (9.64%), Sugar: 25.51g (28.34%), Cholesterol: 226.68mg (75.56%), Sodium: 882.09mg (38.35%), Alcohol: 2.29g (100%), Alcohol %: 1.37% (100%), Protein: 10.93g (21.87%), Vitamin C: 23.67mg (28.7%), Selenium: 18.94µg (27.06%), Vitamin K: 27.31µg (26.01%), Vitamin E: 3.68mg (24.52%), Vitamin B2: 0.41mg (24%), Phosphorus: 218.1mg (21.81%), Manganese: 0.31mg (15.61%), Vitamin B12: 0.84µg (13.94%), Calcium: 132.46mg (13.25%), Vitamin D: 1.87µg (12.44%), Vitamin B5: 1.17mg (11.7%), Vitamin A: 534.23IU (10.68%), Folate: 39.65µg (9.91%), Magnesium: 38.84mg (9.71%), Zinc: 1.27mg (8.44%), Potassium: 285.49mg (8.16%), Vitamin B6: 0.16mg (8.09%), Iron: 1.43mg (7.95%), Copper: 0.14mg (7.07%), Fiber: 1.54g (6.16%), Vitamin B1: 0.08mg (5.37%), Vitamin B3: 0.53mg (2.67%)