



Pain Perdu

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup blackberries fresh
- 1 cup blueberries fresh
- 16 slices bread french 1-inch-thick cut ()
- 0.3 cup butter divided
- 1 tablespoon cornstarch
- 0.5 cup wine dry white
- 0.8 cup egg substitute
- 1.5 cups skim milk fat-free
- 0.3 cup granulated sugar

- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 1 tablespoon powdered sugar
- 2 cups raspberries fresh
- 0.3 teaspoon salt
- 0.5 cup strawberries fresh
- 1.5 teaspoons vanilla extract
- 2 cups water

Equipment

- frying pan
- sauce pan
- whisk

Directions

- Combine first 7 ingredients, stirring well with a whisk. Arrange the bread slices in a single layer in a large shallow dish.
- Pour milk mixture over bread, and let stand until milk is absorbed (about 2 minutes).
- Melt 2 tablespoons butter in a large cast-iron skillet over medium heat. Arrange 8 bread slices in pan; cook 3 minutes on each side or until bread is golden brown.
- Remove from pan; keep warm. Repeat procedure with remaining 2 tablespoons butter and 8 bread slices.
- Combine 2 cups water, wine, 1/4 cup granulated sugar, and cornstarch in a large saucepan, stirring with a whisk. Bring to a boil; cook until reduced to 1 cup (about 5 minutes).
- Remove pan from heat.
- Add fruit to pan, stirring well to coat.
- Serve sauce with bread slices.
- Sprinkle each serving with powdered sugar.

Nutrition Facts



■ PROTEIN 13.88% ■ FAT 25.55% ■ CARBS 60.57%

Properties

Glycemic Index:54.13, Glycemic Load:21.2, Inflammation Score:-6, Nutrition Score:15.778260770051%

Flavonoids

Cyanidin: 33.44mg, Cyanidin: 33.44mg, Cyanidin: 33.44mg, Cyanidin: 33.44mg Petunidin: 5.94mg, Petunidin: 5.94mg, Petunidin: 5.94mg, Petunidin: 5.94mg Delphinidin: 6.98mg, Delphinidin: 6.98mg, Delphinidin: 6.98mg, Delphinidin: 6.98mg Malvidin: 12.55mg, Malvidin: 12.55mg, Malvidin: 12.55mg, Malvidin: 12.55mg Pelargonidin: 2.61mg, Pelargonidin: 2.61mg, Pelargonidin: 2.61mg, Pelargonidin: 2.61mg Peonidin: 3.83mg, Peonidin: 3.83mg, Peonidin: 3.83mg, Peonidin: 3.83mg Catechin: 8.44mg, Catechin: 8.44mg, Catechin: 8.44mg, Catechin: 8.44mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 314.67kcal (15.73%), Fat: 8.77g (13.49%), Saturated Fat: 4.11g (25.67%), Carbohydrates: 46.76g (15.59%), Net Carbohydrates: 40.89g (14.87%), Sugar: 17.96g (19.96%), Cholesterol: 16.63mg (5.54%), Sodium: 451.51mg (19.63%), Alcohol: 1.8g (100%), Alcohol %: 0.79% (100%), Protein: 10.71g (21.42%), Manganese: 1.13mg (56.51%), Selenium: 26.69µg (38.13%), Fiber: 5.87g (23.48%), Vitamin C: 18.96mg (22.98%), Vitamin B1: 0.31mg (20.45%), Vitamin B2: 0.32mg (18.86%), Vitamin B3: 3.65mg (18.25%), Calcium: 168.86mg (16.89%), Folate: 66.65µg (16.66%), Iron: 2.93mg (16.3%), Phosphorus: 159.56mg (15.96%), Vitamin K: 13.06µg (12.44%), Vitamin B5: 1.19mg (11.95%), Magnesium: 46.99mg (11.75%), Potassium: 320.7mg (9.16%), Zinc: 1.31mg (8.74%), Copper: 0.17mg (8.68%), Vitamin E: 1.23mg (8.23%), Vitamin B6: 0.16mg (8.14%), Vitamin A: 382.72IU (7.65%), Vitamin B12: 0.35µg (5.92%), Vitamin D: 0.87µg (5.77%)