



## Pain Perdu

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 32 ounce bread french
- 1.5 cups champagne
- 2 cups evaporated cane juice
- 8 large eggs
- 0.5 tablespoon ground cinnamon
- 1.5 teaspoons nutmeg
- 12 servings powdered sugar
- 4 cups blueberries

- 1 cup sugar
- 4 teaspoons vanilla extract
- 4 cups whipping cream

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- baking pan

## Directions

- Cut bread into 24 (3/4-inch-thick) diagonal slices.
- Whisk together eggs and next 5 ingredients until well blended.
- Place bread slices in a 13- x 9-inch baking dish; pour egg mixture evenly over slices.
- Let stand 30 minutes or until liquid is absorbed.
- Remove bread slices from egg mixture, letting excess drip off. Cook bread slices, in batches, in a lightly greased nonstick skillet or griddle over medium-high heat 2 minutes on each side or until golden.
- Place bread slices on baking sheets; keep warm in a 200 oven.
- Cook Champagne in a large saucepan over high heat until reduced by half. Gradually stir in syrup; cook over low heat until blended and warm.
- Arrange bread slices on serving plates; top with raspberries, blueberries and, if desired, cream cheese.
- Drizzle evenly with syrup mixture.
- Garnish, if desired.

## Nutrition Facts



■ PROTEIN 7.55% ■ FAT 38.36% ■ CARBS 54.09%

## Properties

Glycemic Index:22.13, Glycemic Load:44.32, Inflammation Score:-8, Nutrition Score:17.743478443312%

## Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 777.87kcal (38.89%), Fat: 33.95g (52.23%), Saturated Fat: 19.77g (123.56%), Carbohydrates: 107.71g (35.9%), Net Carbohydrates: 104.63g (38.05%), Sugar: 69.22g (76.91%), Cholesterol: 213.65mg (71.22%), Sodium: 526.94mg (22.91%), Alcohol: 2.35g (100%), Alcohol %: 0.91% (100%), Protein: 15.03g (30.06%), Selenium: 34.51µg (49.29%), Vitamin B1: 0.59mg (39.02%), Vitamin B2: 0.65mg (38.45%), Manganese: 0.64mg (32.08%), Folate: 115.29µg (28.82%), Vitamin A: 1374.08IU (27.48%), Iron: 3.92mg (21.8%), Phosphorus: 202.56mg (20.26%), Vitamin B3: 3.97mg (19.84%), Vitamin D: 1.94µg (12.91%), Fiber: 3.08g (12.3%), Vitamin K: 12.79µg (12.18%), Calcium: 120.15mg (12.01%), Vitamin B5: 1.03mg (10.29%), Vitamin E: 1.53mg (10.18%), Zinc: 1.52mg (10.16%), Magnesium: 40.47mg (10.12%), Vitamin B6: 0.2mg (9.91%), Copper: 0.19mg (9.27%), Potassium: 289.54mg (8.27%), Vitamin B12: 0.42µg (7.06%), Vitamin C: 5.28mg (6.4%)