



Pain Perdu

READY IN



45 min.

SERVINGS



6

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vanilla extract
- ☐ 12 slices bread
- ☐ 0.3 cup butter divided
- ☐ 5 eggs separated
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon lemon zest grated
- ☐ 2 cups milk
- ☐ 1 cup sugar divided
- ☐ 2 tablespoons frangelico divided

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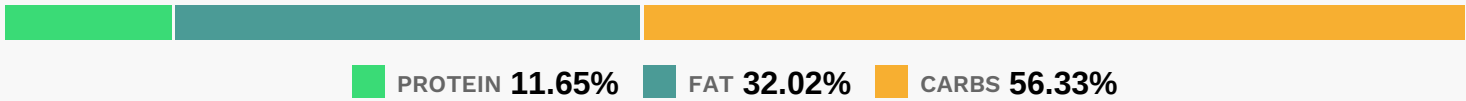
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ Bring milk to a boil in a small saucepan.
- ☐ Remove from heat. Stir in 1/2 cup sugar and brandy.
- ☐ Place bread slices in a single layer in a 15- x 10- x 1-inch jellyroll pan.
- ☐ Pour milk mixture over bread, and let stand 10 minutes.
- ☐ Drain off excess milk.
- ☐ Beat egg yolks until thick and lemon colored.
- ☐ Add 2 tablespoons sugar and lemon rind, beating well. Beat egg whites (at room temperature) until soft peaks form. Gradually add 2 tablespoons sugar, beating until stiff peaks form. Fold into egg yolk mixture.
- ☐ Spread egg mixture evenly over bread; let stand 30 minutes.
- ☐ Melt 2 tablespoons butter and 1 tablespoon lard in a large skillet over medium-high heat. Lift bread slices, one at a time, with a spatula, and place in hot butter mixture. Cook 2 to 3 at a time until golden brown, turning once.
- ☐ Remove to a platter, and keep warm. Repeat procedure with remaining bread slices, adding butter and lard as needed.
- ☐ Combine remaining 1/4 cup sugar and cinnamon; sprinkle over bread slices.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:39.01, Inflammation Score:-5, Nutrition Score:14.078260877858%

Nutrients (% of daily need)

Calories: 464.17kcal (23.21%), Fat: 16.35g (25.16%), Saturated Fat: 4.63g (28.95%), Carbohydrates: 64.72g (21.57%), Net Carbohydrates: 62.33g (22.67%), Sugar: 41.11g (45.68%), Cholesterol: 146.16mg (48.72%), Sodium: 437.84mg (19.04%), Alcohol: 1.49g (100%), Alcohol %: 0.85% (100%), Protein: 13.39g (26.77%), Selenium: 29.14µg (41.63%), Manganese: 0.71mg (35.34%), Vitamin B2: 0.44mg (25.63%), Phosphorus: 229.6mg (22.96%), Calcium: 196.4mg (19.64%), Vitamin B1: 0.29mg (19.49%), Vitamin B3: 3.27mg (16.35%), Folate: 65.06µg (16.27%), Iron: 2.69mg (14.97%), Vitamin A: 669.95IU (13.4%), Vitamin B5: 1.34mg (13.38%), Vitamin B12: 0.77µg (12.92%), Vitamin D: 1.63µg (10.85%), Fiber: 2.39g (9.56%), Magnesium: 38.12mg (9.53%), Zinc: 1.4mg (9.34%), Vitamin B6: 0.18mg (8.9%), Potassium: 264.57mg (7.56%), Copper: 0.12mg (5.84%), Vitamin E: 0.83mg (5.53%), Vitamin K: 3.12µg (2.98%), Vitamin C: 1.42mg (1.73%)