



Pain Perdu

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce bread french ()
- ☐ 4 teaspoons butter divided
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 0.3 teaspoon grating nutmeg whole grated
- ☐ 2 teaspoons orange zest grated
- ☐ 2 tablespoons powdered sugar

- ☐ 0.1 teaspoon salt
- ☐ 2 cups strawberries sliced
- ☐ 2 tablespoons sugar divided
- ☐ 1.5 teaspoons vanilla extract

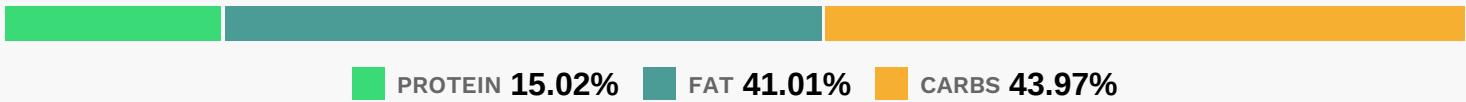
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Combine milk, 1 tablespoon sugar, cinnamon, vanilla, nutmeg, salt, and eggs in a large bowl; stir with a whisk.
- ☐ Place bread slices in a 13 x 9inch baking dish; pour egg mixture over bread; turn to coat.
- ☐ Let stand at room temperature 20 minutes, turning occasionally, until egg is absorbed.
- ☐ Combine strawberries, remaining 1 tablespoon sugar, and rind in a small bowl.
- ☐ Let stand 20 minutes.
- ☐ Melt 2 teaspoons butter in a large nonstick skillet over medium heat.
- ☐ Add 4 bread slices to pan; cook 3 1/2 minutes on each side or until golden. Repeat procedure with remaining butter and bread.
- ☐ Place 2 bread slices on each of 4 plates.
- ☐ Sprinkle each serving with 1 1/2 teaspoons powdered sugar; top each with 1/2 cup strawberry mixture.

Nutrition Facts



Properties

Glycemic Index:73.44, Glycemic Load:7.66, Inflammation Score:-5, Nutrition Score:10.445217464281%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 199.28kcal (9.96%), Fat: 9.1g (14.01%), Saturated Fat: 4.39g (27.46%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 19.98g (7.26%), Sugar: 16.44g (18.26%), Cholesterol: 153.79mg (51.26%), Sodium: 213.46mg (9.28%), Alcohol: 0.52g (100%), Alcohol %: 0.37% (100%), Protein: 7.5g (15%), Vitamin C: 43.81mg (53.11%), Selenium: 15.08µg (21.54%), Manganese: 0.43mg (21.52%), Vitamin B2: 0.29mg (17.24%), Phosphorus: 143.31mg (14.33%), Folate: 43.7µg (10.93%), Calcium: 100.33mg (10.03%), Vitamin B12: 0.58µg (9.61%), Vitamin B5: 0.89mg (8.92%), Fiber: 1.99g (7.95%), Vitamin A: 386.43IU (7.73%), Iron: 1.26mg (6.98%), Potassium: 241.12mg (6.89%), Vitamin B6: 0.13mg (6.26%), Zinc: 0.89mg (5.92%), Magnesium: 22.51mg (5.63%), Vitamin B1: 0.08mg (5.38%), Vitamin E: 0.75mg (5.02%), Vitamin D: 0.75µg (5%), Copper: 0.08mg (3.98%), Vitamin B3: 0.77mg (3.83%), Vitamin K: 2.56µg (2.44%)