

Pain Perdu I

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 1 eggs
- ☐ 2 inch egg bread
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch ground nutmeg
- ☐ 0.8 cup milk
- ☐ 1 pinch salt
- ☐ 5 tablespoons butter unsalted

- ☐ 0.8 teaspoon vanilla extract
- ☐ 3 tablespoons sugar white

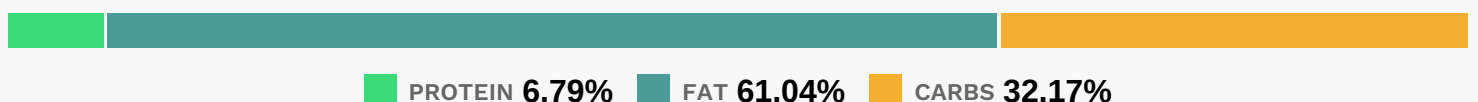
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wire rack
- ☐ stove

Directions

- ☐ Cut the bread and place on a wire rack to dry out a little as you prepare the batter.
- ☐ Whisk the egg to blend. Melt 3 tablespoons of the butter in a saucepan or on the stovetop and allow to cool slightly.
- ☐ Whisk the sugar, salt and spices into the egg. When the butter has cooled slightly, slowly drizzle it in to the egg, whisking all the time. A little at a time, add the flour to the egg mixture to make a smooth thick paste. After it is all added, slowly blend in the milk and finally the vanilla.
- ☐ Whisk until just smooth and set aside.
- ☐ Heat the remaining butter in a large skillet over medium heat. Dip a slice of the bread in the batter and allow to soak for 30 seconds, no more.
- ☐ Remove from the batter and allow the excess to drip off, back into the bowl.
- ☐ Place the battered slice in the skillet. Repeat with the remaining slices. Cook until golden on one side and then flip to brown the other.
- ☐ Serve immediately--a fresh squeeze of lemon juice and a good dusting of powdered sugar is traditional.

Nutrition Facts



Properties

Glycemic Index:64.52, Glycemic Load:12.9, Inflammation Score:-4, Nutrition Score:5.04478261344446%

Nutrients (% of daily need)

Calories: 248.96kcal (12.45%), Fat: 17.01g (26.16%), Saturated Fat: 10.29g (64.29%), Carbohydrates: 20.17g (6.72%), Net Carbohydrates: 19.67g (7.15%), Sugar: 11.46g (12.73%), Cholesterol: 84.68mg (28.23%), Sodium: 49.88mg (2.17%), Alcohol: 0.26g (100%), Alcohol %: 0.34% (100%), Protein: 4.26g (8.51%), Selenium: 8.4µg (12%), Vitamin A: 574.51IU (11.49%), Vitamin B2: 0.18mg (10.53%), Phosphorus: 85.52mg (8.55%), Vitamin B1: 0.12mg (7.95%), Calcium: 72.52mg (7.25%), Manganese: 0.14mg (6.8%), Vitamin D: 0.99µg (6.61%), Folate: 26.3µg (6.57%), Vitamin B12: 0.38µg (6.27%), Iron: 0.75mg (4.18%), Vitamin B5: 0.41mg (4.09%), Vitamin B3: 0.75mg (3.75%), Vitamin E: 0.56mg (3.73%), Potassium: 103.86mg (2.97%), Zinc: 0.44mg (2.93%), Vitamin B6: 0.05mg (2.68%), Magnesium: 10.39mg (2.6%), Fiber: 0.5g (1.98%), Copper: 0.03mg (1.64%), Vitamin K: 1.52µg (1.44%)