

Pain Perdu II

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



140 kcal

SIDE DISH

Ingredients

- 5 eggs
- 0.5 cup milk
- 2 tablespoons orange liqueur
- 1 teaspoon orange zest
- 12 slices bread white
- 0.5 cup sugar white

Equipment

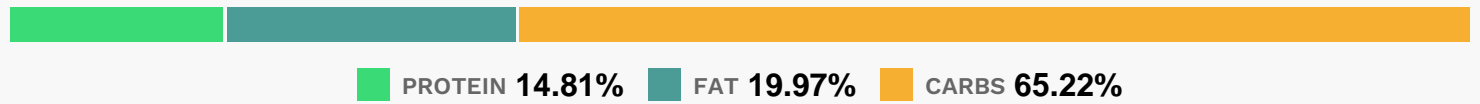
- bowl

frying pan

Directions

- In a large bowl, combine eggs, sugar, milk, brandy and orange zest. Beat until thick and foamy.
- Pour mixture into a shallow pan. Soak bread slices in the mixture for 1 to 2 minutes on each side until they are thoroughly soaked through.
- Heat a griddle or frying pan over medium heat. Lightly spray griddle with cooking spray. Cook the bread slices 1 to 2 minutes on each side, until golden brown.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:15.24, Glycemic Load:14.77, Inflammation Score:-2, Nutrition Score:4.8404347961364%

Nutrients (% of daily need)

Calories: 139.76kcal (6.99%), Fat: 3g (4.62%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 21.46g (7.8%), Sugar: 11.01g (12.24%), Cholesterol: 69.42mg (23.14%), Sodium: 149.43mg (6.5%), Alcohol: 0.65g (100%), Alcohol %: 1.28% (100%), Protein: 5.01g (10.01%), Selenium: 11.68µg (16.69%), Vitamin B2: 0.16mg (9.4%), Vitamin B1: 0.14mg (9.34%), Folate: 36.42µg (9.1%), Manganese: 0.15mg (7.71%), Calcium: 75.9mg (7.59%), Phosphorus: 75mg (7.5%), Iron: 1.17mg (6.49%), Vitamin B3: 1.22mg (6.1%), Vitamin B5: 0.45mg (4.54%), Vitamin B12: 0.22µg (3.63%), Zinc: 0.5mg (3.33%), Vitamin D: 0.48µg (3.19%), Vitamin B6: 0.06mg (3.03%), Magnesium: 10.28mg (2.57%), Fiber: 0.59g (2.37%), Vitamin A: 116.42IU (2.33%), Copper: 0.05mg (2.3%), Potassium: 71.07mg (2.03%), Vitamin E: 0.25mg (1.69%)