



Pain Perdu - Lost Bread, a.k.a. French Toast

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



484 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup blackberries
- ☐ 6 servings butter for griddle pan
- ☐ 1 tablespoon cornstarch dissolved in 1 tablespoon water
- ☐ 2 eggs
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup maple syrup
- ☐ 6 servings warm maple syrup fresh for topping.
- ☐ 0.5 teaspoon nutmeg freshly grated

- ☐ 1 cup raspberries
- ☐ 1 pint strawberries sliced
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 0.5 cup water
- ☐ 8 slices bread thick cut white stale
- ☐ 1 cup milk whole

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Preheat nonstick griddle or skillet over medium heat. Beat eggs very well, add sugar and beat again.
- ☐ Add cornstarch in water and beat that in, then add milk and nutmeg. Coat bread thoroughly in egg-milk mixture. Lightly butter hot pan with butter nested in paper towels.
- ☐ Add bread to the pan and cook slowly, 3 or 4 minutes on each side, 2 to 3 slices at a time.
- ☐ Serve hot with your favorite toppings or Three Berry Compote.
- ☐ Combine sugar, lemon and water in a small sauce pot. Over moderate heat, dissolve sugar into water. Stir in fruit, coating it in sugar water and bring the fruit and water to a bubble. Reduce heat and simmer 7 or 8 minutes.
- ☐ Remove fruit with a slotted spoon to a serving dish and add maple syrup or honey to the pan. Thicken syrup 5 minutes and pour over fruit.
- ☐ Serve with French toast, pancakes or waffles.

Nutrition Facts



Properties

Glycemic Index:83.41, Glycemic Load:52.98, Inflammation Score:-6, Nutrition Score:15.732608587846%

Flavonoids

Cyanidin: 34.47mg, Cyanidin: 34.47mg, Cyanidin: 34.47mg, Cyanidin: 34.47mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 19.9mg, Pelargonidin: 19.9mg, Pelargonidin: 19.9mg, Pelargonidin: 19.9mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 11.61mg, Catechin: 11.61mg, Catechin: 11.61mg, Catechin: 11.61mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 484.08kcal (24.2%), Fat: 8.67g (13.33%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 97.62g (32.54%), Net Carbohydrates: 92.64g (33.69%), Sugar: 75.64g (84.05%), Cholesterol: 70.19mg (23.4%), Sodium: 231.71mg (10.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.5g (15%), Vitamin C: 58.59mg (71.02%), Manganese: 1.11mg (55.68%), Vitamin B2: 0.42mg (24.61%), Fiber: 4.98g (19.91%), Selenium: 13.9µg (19.86%), Folate: 74.3µg (18.57%), Calcium: 170.77mg (17.08%), Vitamin B1: 0.24mg (15.91%), Phosphorus: 139.92mg (13.99%), Iron: 2.05mg (11.38%), Vitamin B3: 2.24mg (11.2%), Potassium: 348.3mg (9.95%), Magnesium: 38.85mg (9.71%), Vitamin K: 8.63µg (8.22%), Vitamin B5: 0.8mg (7.98%), Copper: 0.16mg (7.91%), Zinc: 1.08mg (7.23%), Vitamin E: 1.05mg (7.03%), Vitamin B6: 0.14mg (6.92%), Vitamin A: 338.26IU (6.77%), Vitamin B12: 0.36µg (5.98%), Vitamin D: 0.74µg (4.94%)