



Pain Perdu with Blueberries and Orange



Vegetarian

READY IN

ready

57 min.

SERVINGS

servings

4

CALORIES

calories

453 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



6 ounces blueberries fresh



4 slices country bread whole white 1/



1 cinnamon stick or



4 large eggs at room temperature



2 tablespoons mint leaves fresh finely chopped



0.3 teaspoon ground cinnamon



0.5 cup milk



1 medium cranberry-orange relish

- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange zest from
- ☐ 2 star anise pods
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ spatula

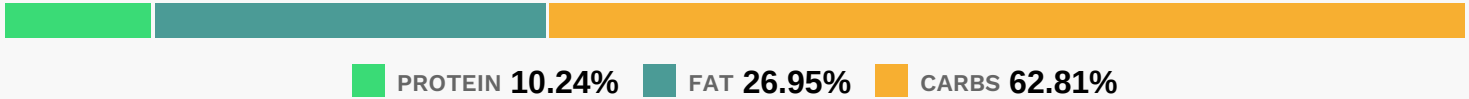
Directions

- ☐ For the toast: In a medium bowl, whisk the eggs, milk, orange zest, and cinnamon together until smooth.
- ☐ Pour the mixture into a 9-by-13-inch casserole.
- ☐ Add the bread slices in a single layer.
- ☐ Let the bread soak for 10 minutes, turning once.
- ☐ For the syrup: Peel the orange and remove the white pith. Using a paring knife, cut along the membrane on both sides of each segment. Free the segments and place in a small saucepan.
- ☐ Add the sugar, water, orange liqueur or orange juice, if using, star anise, and cinnamon stick. Bring the mixture to a boil over medium-high heat, stirring constantly, until the sugar has dissolved. Simmer for 5 minutes.
- ☐ Remove the pan from the heat and allow the syrup to cool, about 20 minutes.
- ☐ Remove the star anise pods and cinnamon stick and discard.
- ☐ Preheat a griddle or large nonstick skillet over medium-low heat and add the butter. Using a spatula, remove the bread slices from the egg mixture, allowing any excess liquid to drain.

Cook until golden, about 3 minutes each side.

- Place on 4 serving plates and drizzle with the orange syrup and orange segments. In a small bowl, toss the blueberries and mint together and spoon on top of the French toast. Dust with powdered sugar and serve.

Nutrition Facts



Properties

Glycemic Index:66.06, Glycemic Load:37.25, Inflammation Score:-6, Nutrition Score:14.304782680843%

Flavonoids

Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg Petunidin: 13.41mg, Petunidin: 13.41mg, Petunidin: 13.41mg, Petunidin: 13.41mg Delphinidin: 15.07mg, Delphinidin: 15.07mg, Delphinidin: 15.07mg, Delphinidin: 15.07mg Malvidin: 28.74mg, Malvidin: 28.74mg, Malvidin: 28.74mg, Malvidin: 28.74mg Peonidin: 8.63mg, Peonidin: 8.63mg, Peonidin: 8.63mg, Peonidin: 8.63mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 9.18mg, Hesperetin: 9.18mg, Hesperetin: 9.18mg, Hesperetin: 9.18mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 453.02kcal (22.65%), Fat: 13.14g (20.21%), Saturated Fat: 5.97g (37.3%), Carbohydrates: 68.9g (22.97%), Net Carbohydrates: 65.06g (23.66%), Sugar: 52.75g (58.62%), Cholesterol: 204.71mg (68.24%), Sodium: 220.24mg (9.58%), Alcohol: 3.84g (100%), Alcohol %: 1.75% (100%), Caffeine: 3.84mg (1.28%), Protein: 11.23g (22.46%), Manganese: 0.72mg (35.99%), Selenium: 24.6µg (35.15%), Vitamin C: 23.9mg (28.97%), Vitamin B2: 0.39mg (23.08%), Phosphorus: 183.05mg (18.31%), Folate: 63.15µg (15.79%), Fiber: 3.84g (15.35%), Vitamin A: 706.46IU (14.13%), Calcium: 140.19mg (14.02%), Iron: 2.47mg (13.7%), Vitamin B1: 0.2mg (13.5%), Vitamin B5: 1.27mg (12.73%), Vitamin B12: 0.62µg (10.36%), Vitamin K: 10.62µg (10.12%), Vitamin B3: 2.01mg (10.05%), Vitamin D: 1.44µg (9.6%), Vitamin B6: 0.19mg (9.32%), Zinc: 1.24mg (8.3%), Potassium: 280.97mg (8.03%), Magnesium: 31.51mg (7.88%), Copper: 0.15mg (7.41%), Vitamin E: 1.08mg (7.22%)