



Pain Perdu with Poached Apricots

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

Ingredients

- ☐ 9 apricots pitted halved
- ☐ 4 tablespoons butter ()
- ☐ 6.5 inch egg bread loaf – crusts
- ☐ 6 large eggs
- ☐ 1.5 tablespoons orange liqueur
- ☐ 6 servings powdered sugar
- ☐ 0.7 cup sugar
- ☐ 0.5 cup water

- ☐ 0.5 cup milk whole
- ☐ 2 star anise whole

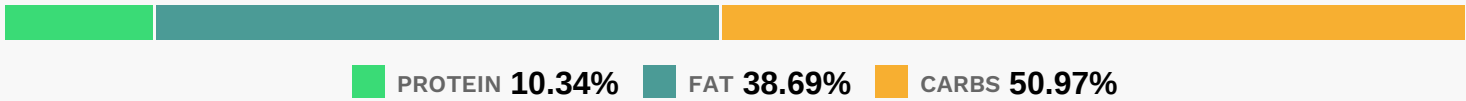
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Stir 2/3 cup sugar, 1/2 cup water and star anise in heavy medium saucepan over medium heat until sugar dissolves. Bring to boil.
- ☐ Add orange liqueur. Simmer until syrupy, about 3 minutes.
- ☐ Add apricots and cook until apricots soften, stirring occasionally, about 3 minutes.
- ☐ Remove from heat. Cover and keep warm. (Can be made 1 day ahead. Cover and refrigerate. Rewarm over medium-low heat before using.)
- ☐ Whisk milk and eggs in 13 x 9 x 2-inch baking dish.
- ☐ Add bread in single layer.
- ☐ Let stand until liquid is absorbed, about 5 minutes per side.
- ☐ Cook 2 tablespoons butter in heavy large skillet over medium-high heat until butter begins to foam.
- ☐ Add 3 bread slices to skillet and cook until golden, about 3 minutes per side.
- ☐ Transfer to warm platter. Repeat with remaining 2 tablespoons butter and 3 bread slices.
- ☐ Divide pain perdu among 6 plates. Spoon warm apricots and syrup over, discarding star anise. Dust with powdered sugar and serve.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:17.87, Inflammation Score:-7, Nutrition Score:8.5469565598861%

Flavonoids

Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 313.07kcal (15.65%), Fat: 13.48g (20.74%), Saturated Fat: 6.8g (42.53%), Carbohydrates: 39.95g (13.32%), Net Carbohydrates: 38.79g (14.1%), Sugar: 37.28g (41.42%), Cholesterol: 209.91mg (69.97%), Sodium: 151.44mg (6.58%), Alcohol: 0.98g (100%), Alcohol %: 0.65% (100%), Protein: 8.11g (16.21%), Vitamin A: 1554.17IU (31.08%), Selenium: 16.92µg (24.17%), Vitamin B2: 0.3mg (17.64%), Phosphorus: 138.46mg (13.85%), Vitamin B5: 0.99mg (9.89%), Vitamin B12: 0.57µg (9.56%), Vitamin D: 1.23µg (8.23%), Vitamin E: 1.23mg (8.17%), Folate: 31.43µg (7.86%), Iron: 1.31mg (7.26%), Potassium: 247.41mg (7.07%), Calcium: 67.72mg (6.77%), Vitamin B6: 0.13mg (6.5%), Vitamin C: 5.32mg (6.45%), Zinc: 0.89mg (5.92%), Fiber: 1.16g (4.65%), Copper: 0.09mg (4.57%), Vitamin B1: 0.06mg (4.06%), Manganese: 0.08mg (3.93%), Magnesium: 15.28mg (3.82%), Vitamin B3: 0.53mg (2.63%), Vitamin K: 2.62µg (2.5%)