



Pain Perdu with Poached Apricots

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

Ingredients

- 9 apricots pitted halved
- 4 tablespoons butter ()
- 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

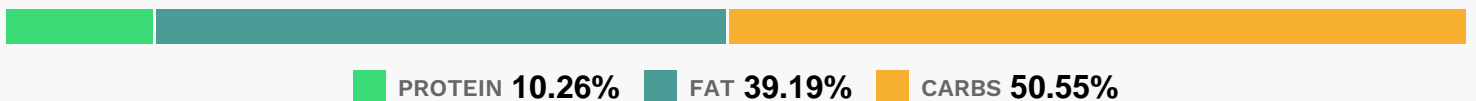
Equipment

- 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:8.2378260778344%

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: 305.17kcal (15.26%), Fat: 13.32g (20.48%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 37.54g (13.65%), Sugar: 37.23g (41.37%), Cholesterol: 208.51mg (69.5%), Sodium: 140.99mg (6.13%), Alcohol: 0.98g (100%), Alcohol %: 0.66% (100%), Protein: 7.84g (15.69%), Vitamin A: 1548.37IU (30.97%), Selenium: 16.09µg (22.99%), Vitamin B2: 0.29mg (16.93%), Phosphorus: 135.54mg (13.55%), Vitamin B5: 0.98mg (9.81%), Vitamin B12: 0.57µg (9.51%), Vitamin D: 1.22µg (8.16%), Vitamin E: 1.22mg (8.13%), Folate: 28.54µg (7.13%), Potassium: 244.25mg (6.98%), Iron: 1.22mg (6.79%), Calcium: 65.16mg (6.52%), Vitamin C: 5.32mg (6.45%), Vitamin B6: 0.13mg (6.41%), Zinc: 0.87mg (5.77%), Fiber: 1.1g (4.39%), Copper: 0.09mg (4.35%), Magnesium: 14.75mg (3.69%), Vitamin B1: 0.05mg (3.26%), Manganese: 0.06mg (3.24%), Vitamin K: 2.6µg (2.47%), Vitamin B3: 0.39mg (1.97%)