



 **54%**  
HEALTH SCORE

## Savory French Toast with Lentils

READY IN



30 min.

SERVINGS



4

CALORIES



510 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 bay leaf
- 4 cup beef broth
- 1 cup lentils dark green black
- 1 carrots cut in ¼" dice
- 2 teaspoon thyme leaves fresh
- 2 clove garlic cloves minced peeled
- 4 slice grain bread cut on the diagonal into a total of 16 triangles whole
- 3 tablespoon olive oil
- 4 servings very olive oil good for drizzling

- 1 large onion cut in ¼" dice
- 4 servings salt and pepper
- 2 medium shallots minced
- 1 sprig thyme leaves
- 1 tablespoon milk whole

## Equipment

- bowl
- frying pan
- dutch oven

## Directions

- Heat the olive oil in a medium sized dutch oven or small soup pot over medium heat.
- Add the onion, shallots and garlic. Cook, stirring occasionally until fragrant and translucent.
- Add the carrots and cook a few moments longer.
- Add the lentils to the pan, stirring to get them well coated in oil. Then add 3 cups of the beef broth, the bay leaf and the thyme sprig. Bring to a simmer and season with salt and pepper. Cook about 5 minutes then taste the broth for salt. Adjust as needed. Continue to cook about 15 minutes more, uncovered, until the lentils are tender, and have absorbed most of the liquid.
- Remove them from the heat and cover them with a lid.
- Let rest at least 15 minutes. When ready to serve add more beef broth and some water if necessary to get this as brothy as you like. I like it somewhat brothy but not too soupy. Just enough to wet the toasts without letting them get too soggy too fast.
- Heat a nonstick or well seasoned cast iron frying pan over medium heat. In a shallow soup bowl mix the eggs, with the milk, thyme leaves and a tiny bit of salt and a pinch of ground black pepper. Dip the bread triangles into the mixture until well coated. Using your fingers remove some of the egg from each piece and move them to the frying pan. Cook all the toasts until brown on each side. Working in batches as needed. Move the hot toasts to individual shallow soup bowls, and top them with a helping of lentils.
- Drizzle a good bit of very good olive oil over the top, and serve warm.

## Nutrition Facts

PROTEIN 15.29% FAT 46.68% CARBS 38.03%

## Properties

Glycemic Index:89.03, Glycemic Load:12.77, Inflammation Score:-10, Nutrition Score:26.802173491405%

## Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 510.02kcal (25.5%), Fat: 26.77g (41.18%), Saturated Fat: 4.03g (25.16%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 31.06g (11.3%), Sugar: 5.7g (6.33%), Cholesterol: 0.45mg (0.15%), Sodium: 1231.28mg (53.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.72g (39.44%), Fiber: 18g (71.99%), Manganese: 1.42mg (70.81%), Folate: 261.4µg (65.35%), Vitamin A: 2635.62IU (52.71%), Vitamin B1: 0.57mg (38.26%), Phosphorus: 338.19mg (33.82%), Iron: 5.41mg (30.07%), Vitamin E: 4.03mg (26.87%), Magnesium: 95.99mg (24%), Vitamin B6: 0.48mg (23.93%), Potassium: 822.97mg (23.51%), Vitamin B3: 4.62mg (23.09%), Vitamin K: 21.63µg (20.6%), Zinc: 2.99mg (19.96%), Selenium: 13.53µg (19.32%), Copper: 0.36mg (17.83%), Vitamin B5: 1.42mg (14.19%), Vitamin B2: 0.23mg (13.67%), Calcium: 118.17mg (11.82%), Vitamin C: 9.27mg (11.23%), Vitamin B12: 0.19µg (3.14%)