

# Pain perdu

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Energycontent – ratio 3,5:1	
Proteins	7,2
Fats	40 g
Carbohydrates	3,5 g
<b>Kcal</b>	<b>405</b>

## Ingredients

Ratio	3:1	3,5:1	3,8:1	4:1
Ketogenic bread ratio 3	2 slices	2 slices	2 slices	2 slices
Egg	18 g	18 g	15 g	15 g
Whipping cream 40 %	26 g	30 g	30 g	30 g
Peanut oil	2 g	6 g	7 g	9 g
Candarel sweetener	1 g	1 g	1 g	1 g

## Preparation

Prepare a ketogenic bread per [recipe](#).

- Mix egg and cream well together
- Dip the bread slices in the mixture.
- Warm the oil in a frying pan
- Bake the bread in the frying pan at both sides until auburn
- Sprinkle the “pain perdu” with Candarel