



Apple and Caramel Bread Pudding

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



515 kcal

DESSERT

Ingredients

- ☐ 1 cup apple sauce unsweetened
- ☐ 1 cup soymilk
- ☐ 0.5 cup eggs fat-free
- ☐ 0.3 cup brown sugar packed
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon vanilla
- ☐ 5 cups bread french
- ☐ 3 tablespoons almonds sliced

☐

0.3 cup mrs richardson's butterscotch caramel sauce fat-free

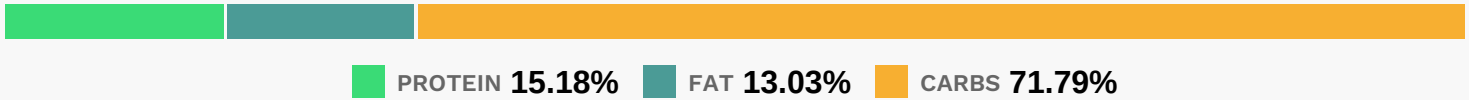
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 350°F. Spray 9-inch quiche dish or pie plate with cooking spray.
- ☐ In large bowl, mix all ingredients except bread, almonds and caramel topping with wire whisk until smooth. Fold in bread.
- ☐ Pour into quiche dish; sprinkle with almonds.
- ☐ Bake 30 to 35 minutes or until golden brown and set.
- ☐ Cut into wedges.
- ☐ Drizzle caramel topping over each serving.

Nutrition Facts



Properties

Glycemic Index:16.11, Glycemic Load:59.5, Inflammation Score:-7, Nutrition Score:22.863913121431%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 515.15kcal (25.76%), Fat: 7.51g (11.56%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 93.16g (31.05%), Net Carbohydrates: 88.85g (32.31%), Sugar: 21.42g (23.8%), Cholesterol: 56.5mg (18.83%), Sodium: 953.2mg (41.44%),

Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 19.7g (39.4%), Vitamin B1: 1.09mg (72.66%), Selenium: 48.06µg (68.65%), Folate: 201.25µg (50.31%), Vitamin B2: 0.81mg (47.76%), Manganese: 0.93mg (46.26%), Vitamin B3: 8.28mg (41.42%), Iron: 6.47mg (35.95%), Phosphorus: 208.11mg (20.81%), Fiber: 4.31g (17.23%), Copper: 0.32mg (16.16%), Magnesium: 61.36mg (15.34%), Calcium: 149.73mg (14.97%), Vitamin E: 2.23mg (14.88%), Vitamin B6: 0.27mg (13.47%), Zinc: 1.94mg (12.92%), Potassium: 301.24mg (8.61%), Vitamin B5: 0.78mg (7.78%), Vitamin B12: 0.47µg (7.77%), Vitamin D: 0.66µg (4.39%), Vitamin A: 213.92IU (4.28%), Vitamin C: 2.47mg (3%), Vitamin K: 1.31µg (1.25%)