



Apple and Walnut Whole-Wheat Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



479 kcal

DESSERT

Ingredients

- 12 slices bread whole-wheat cut into 1/2-inch cubes
- 3 egg yolk
- 6 large eggs
- 1 large apple green cored peeled cut into 1/2-inch cubes
- 1 tablespoon ground cinnamon
- 1 cup honey
- 1 teaspoon nutmeg freshly grated

- 1 tablespoon vanilla extract
- 1 cup walnuts toasted roughly chopped
- 2.3 cups milk whole

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- baking pan

Directions

- Preheat oven to 325°F and grease a 9- by 12-inch baking pan.
- On a large cookie sheet, spread the bread cubes in an even layer.
- Bake until lightly toasted, 7 to 10 minutes.
- Transfer to a wire rack to cool.
- In a medium bowl, whisk together the honey, eggs, yolks, and vanilla.
- In a heavy-bottomed medium saucepan, bring the milk, cinnamon, and nutmeg to a simmer.
- Remove from heat immediately.
- Whisking constantly, slowly add the hot milk to the egg mixture.
- Let the custard cool slightly.
- In a large bowl, combine the bread cubes, apple, and walnuts. Gently stir in the custard, coating the bread mixture thoroughly with the liquid.
- Let stand, tossing once or twice to distribute, until the custard is mostly absorbed, about 10 minutes.
- Spread the pudding evenly into the baking pan.
- Bake until it is brown and the edges are bubbling, 25 to 30 minutes.

- Let cool, then slice and serve warm, topped with vanilla ice cream.
- Beware of packaging announcing a product is "100 percent wheat" — this designation can be used on foods made with refined wheat flour. To be sure of a product's nutritional value, read labels carefully: The first ingredient should be a whole-grain product. Check the fiber content — if the product doesn't contain a minimum of three grams per slice, you are probably dealing with an impostor.

Nutrition Facts



■ **PROTEIN 12.15%**
■ **FAT 34.83%**
■ **CARBS 53.02%**

Properties

Glycemic Index:34.49, Glycemic Load:31.43, Inflammation Score:-5, Nutrition Score:17.210434913635%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 479.04kcal (23.95%), Fat: 19.14g (29.45%), Saturated Fat: 4.36g (27.25%), Carbohydrates: 65.57g (21.86%), Net Carbohydrates: 61.57g (22.39%), Sugar: 44.25g (49.17%), Cholesterol: 220.63mg (73.54%), Sodium: 283.78mg (12.34%), Alcohol: 0.56g (100%), Alcohol %: 0.29% (100%), Protein: 15.02g (30.04%), Manganese: 1.25mg (62.31%), Selenium: 29.78µg (42.55%), Phosphorus: 280.7mg (28.07%), Vitamin B2: 0.45mg (26.76%), Folate: 79.45µg (19.86%), Vitamin B1: 0.29mg (19.59%), Calcium: 195.82mg (19.58%), Copper: 0.36mg (17.87%), Iron: 3.08mg (17.12%), Fiber: 4g (15.99%), Vitamin B5: 1.51mg (15.1%), Magnesium: 56.89mg (14.22%), Vitamin B12: 0.84µg (13.93%), Vitamin B6: 0.28mg (13.92%), Vitamin B3: 2.71mg (13.57%), Zinc: 1.94mg (12.93%), Vitamin D: 1.87µg (12.46%), Potassium: 345.21mg (9.86%), Vitamin A: 433.03IU (8.66%), Vitamin E: 0.86mg (5.72%), Vitamin K: 3.74µg (3.57%), Vitamin C: 1.81mg (2.2%)