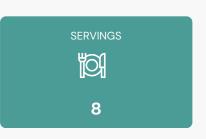


Apple and Walnut Whole-Wheat Bread Pudding

Vegetarian







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
П	1 teaspoon nutmeg freshly grated

	1 tablespoon vanilla extract
	1 cup walnuts toasted roughly chopped
	2.3 cups milk whole
Εq	uipment
	bowl
	baking sheet
	sauce pan
	oven
	whisk
	wire rack
	baking pan
D :.	
ווט	rections
Ш	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, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Catechin: 0.01mg, Peonidin: 0.0

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%)