



WHATSheATE



Apple, Bacon and Cheddar Bread Pudding

READY IN



200 min.

SERVINGS



12

CALORIES



581 kcal

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 cups apples i use 2 granny smith apples peeled coarsely chopped
- ☐ 3 tablespoons brown sugar packed
- ☐ 4 cups bread firm cubed
- ☐ 1 pound bacon cooked chopped
- ☐ 8 ounces sharp cheddar cheese shredded
- ☐ 2.5 cups milk
- ☐ 1 teaspoon ground mustard
- ☐ 2 teaspoons worcestershire sauce
- ☐ 0.3 teaspoon salt

- ☐ 0.1 teaspoon pepper
- ☐ 5 eggs

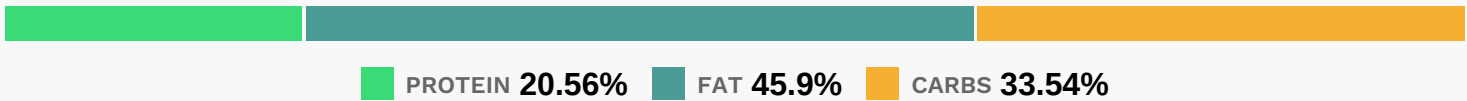
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Grease 2-quart casserole. In 10-inch skillet, melt butter over medium heat. Cook apples in butter 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in brown sugar; reduce heat to low. Cook 5 to 6 minutes, stirring occasionally, until apples are tender.
- ☐ Layer half each of the bread, bacon, apples and cheese in casserole. Repeat with remaining bread, bacon, apples and cheese.
- ☐ Mix all remaining ingredients; pour over cheese. Cover tightly and refrigerate at least 2 hours but no longer than 24 hours.
- ☐ Heat oven to 350°F.
- ☐ Bake uncovered 40 to 45 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:22.29, Inflammation Score:-6, Nutrition Score:22.313043729119%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 581.3kcal (29.06%), Fat: 29.57g (45.49%), Saturated Fat: 10.83g (67.69%), Carbohydrates: 48.61g (16.2%), Net Carbohydrates: 44.68g (16.25%), Sugar: 13.37g (14.85%), Cholesterol: 130.62mg (43.54%), Sodium: 1272.63mg (55.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.8g (59.59%), Selenium: 54.21µg (77.44%), Manganese: 0.98mg (48.86%), Phosphorus: 428.97mg (42.9%), Vitamin B3: 8.5mg (42.51%), Vitamin B1: 0.58mg (38.99%), Calcium: 316.2mg (31.62%), Vitamin B2: 0.53mg (31.46%), Zinc: 3.14mg (20.94%), Iron: 3.68mg (20.44%), Folate: 80.97µg (20.24%), Vitamin B6: 0.38mg (19%), Vitamin B12: 1.05µg (17.56%), Vitamin B5: 1.65mg (16.45%), Fiber: 3.93g (15.72%), Magnesium: 60.18mg (15.04%), Potassium: 464.33mg (13.27%), Vitamin A: 529.31IU (10.59%), Copper: 0.19mg (9.48%), Vitamin D: 1.19µg (7.94%), Vitamin E: 0.84mg (5.62%), Vitamin K: 5.27µg (5.02%), Vitamin C: 1.74mg (2.11%)