



Apple Bread Pudding

 Vegetarian

READY IN



150 min.

SERVINGS



10

CALORIES



560 kcal

DESSERT

Ingredients

- ☐ 10 servings apple brandy crème anglaise
- ☐ 3 large apples such as honeycrisp (1 1/2 lb.), peeled and cut into 1/4- to 1/2-inch cubes
- ☐ 10 servings sauteed apples
- ☐ 2 tablespoons butter
- ☐ 16 oz cinnamon-raisin bread loaf cut into 3/4-inch cubes
- ☐ 1 large egg yolk
- ☐ 4 large eggs
- ☐ 0.3 cup granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 3 cups heavy cream
- ☐ 4 tablespoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 375
- ☐ Melt butter in a large nonstick skillet over medium-high heat; add apples, and cook, stirring occasionally, 8 to 10 minutes or until softened and lightly browned.
- ☐ Whisk together cream and next 4 ingredients in a large bowl until smooth. Stir in bread cubes; let stand 5 minutes. Stir in cooked apples.
- ☐ Sprinkle 2 Tbsp. turbinado sugar into a buttered 13- x 9-inch baking dish.
- ☐ Add bread-and-apple mixture to dish, and spread in an even layer.
- ☐ Sprinkle with remaining 2 Tbsp. turbinado sugar.
- ☐ Bake at 375 for 40 to 45 minutes or until light golden and center is set. (Bread pudding will puff to top of dish and pull away slightly from sides as it bakes.) Cool 10 minutes.
- ☐ Serve warm with Apple Brandy Crème Anglaise and
- ☐ Sautéed Apples.
- ☐ Note: We tested with Panera Bread Cinnamon Raisin Bread. To make ahead, cover and chill baked and cooled bread pudding overnight.
- ☐ Let stand 20 minutes; reheat in a 350 oven 20 minutes.

Nutrition Facts



Properties

Glycemic Index:29.21, Glycemic Load:25.95, Inflammation Score:-7, Nutrition Score:12.935217318328%

Flavonoids

Cyanidin: 3.01mg, Cyanidin: 3.01mg, Cyanidin: 3.01mg, Cyanidin: 3.01mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 14.45mg, Epicatechin: 14.45mg, Epicatechin: 14.45mg, Epicatechin: 14.45mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 559.88kcal (27.99%), Fat: 32.74g (50.37%), Saturated Fat: 19.19g (119.96%), Carbohydrates: 62.37g (20.79%), Net Carbohydrates: 55.71g (20.26%), Sugar: 34.46g (38.29%), Cholesterol: 179.46mg (59.82%), Sodium: 226.03mg (9.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.86%), Vitamin B2: 0.47mg (27.47%), Vitamin A: 1356.28IU (27.13%), Fiber: 6.66g (26.65%), Selenium: 18.37µg (26.24%), Folate: 68.67µg (17.17%), Manganese: 0.34mg (16.95%), Phosphorus: 159.04mg (15.9%), Vitamin B1: 0.21mg (14.12%), Potassium: 408.61mg (11.67%), Iron: 2.05mg (11.39%), Vitamin C: 9.31mg (11.28%), Vitamin D: 1.63µg (10.89%), Calcium: 105.27mg (10.53%), Vitamin E: 1.45mg (9.69%), Vitamin B3: 1.81mg (9.06%), Vitamin B6: 0.18mg (8.77%), Vitamin B5: 0.84mg (8.36%), Copper: 0.17mg (8.33%), Magnesium: 29.14mg (7.29%), Vitamin K: 7.61µg (7.25%), Zinc: 0.88mg (5.87%), Vitamin B12: 0.33µg (5.5%)