



Apple-Bread Pudding Cake

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



376 kcal

DESSERT

Ingredients

- 2.5 cups chunky applesauce
- 0.8 cup apricot preserves
- 1 pound cinnamon-raisin bread whole-wheat sliced
- 0.5 cup confectioners' sugar
- 2 large eggs separated
- 0.5 cup golden raisins
- 1 teaspoon ground cinnamon
- 1 teaspoon lemon zest finely grated

- 0.5 cup milk
- 4 tablespoons butter unsalted melted plus more for the pan

Equipment

- bowl
- frying pan
- oven
- whisk
- blender
- baking pan
- aluminum foil

Directions

- Preheat the oven to 375 degrees F. Butter an 8-inch-square baking pan and line with foil, leaving a 2-inch overhang on all sides; butter the foil.
- Mix the applesauce, raisins, lemon zest and cinnamon in a bowl; set aside.
- Whisk the melted butter, milk and egg yolks in a shallow dish.
- Dip half of the bread slices in the egg mixture and layer in the prepared pan, trimming as needed.
- Spread the applesauce mixture over the bread. Dip the remaining bread slices in the egg mixture and layer on top.
- Bake until the egg mixture is set and the bread is golden, about 35 minutes.
- Meanwhile, beat the egg whites and confectioners' sugar in a bowl with a mixer on medium-high speed until stiff peaks form.
- Spread the apricot preserves on top of the cake.
- Spread the egg-white mixture on top of the preserves, forming peaks with the back of a spoon. Return to the oven until the meringue is golden, 5 to 7 minutes.
- Let the cake cool in the pan, about 1 hour. Lift out of the pan using the foil and slice into squares.

Nutrition Facts

PROTEIN 7.36% FAT 22.98% CARBS 69.66%

Properties

Glycemic Index:21.33, Glycemic Load:23.48, Inflammation Score:-4, Nutrition Score:9.5895652045374%

Flavonoids

Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 375.55kcal (18.78%), Fat: 10.02g (15.41%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 68.29g (22.76%), Net Carbohydrates: 64.43g (23.43%), Sugar: 33.51g (37.23%), Cholesterol: 63.38mg (21.13%), Sodium: 232.74mg (10.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Selenium: 16.33µg (23.32%), Vitamin B2: 0.35mg (20.76%), Manganese: 0.39mg (19.41%), Folate: 69.01µg (17.25%), Fiber: 3.87g (15.46%), Vitamin B1: 0.23mg (15.12%), Iron: 2.34mg (12.99%), Phosphorus: 118.72mg (11.87%), Vitamin B3: 2.17mg (10.87%), Copper: 0.2mg (9.99%), Potassium: 313.25mg (8.95%), Calcium: 80.06mg (8.01%), Vitamin A: 335.58IU (6.71%), Vitamin B6: 0.13mg (6.25%), Magnesium: 24.75mg (6.19%), Vitamin B5: 0.53mg (5.26%), Zinc: 0.71mg (4.73%), Vitamin E: 0.63mg (4.19%), Vitamin C: 3.39mg (4.11%), Vitamin D: 0.52µg (3.49%), Vitamin B12: 0.21µg (3.43%), Vitamin K: 2.31µg (2.2%)