



Apple Cranberry Bread Pudding

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



845 kcal

DESSERT

Ingredients

- ☐ 3 cups fuji apples diced peeled
- ☐ 4.5 cups challa bread cubed
- ☐ 8 servings butter
- ☐ 0.5 cup brown sugar dark
- ☐ 0.5 cup cranberries dried
- ☐ 6 eggs
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg

- ☐ 2 cups half-and-half
- ☐ 1 pint heavy cream
- ☐ 1 juice of lemon juiced
- ☐ 1 tablespoon orange liqueur (recommended: Grand Marnier)
- ☐ 1 tablespoon powdered sugar
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F. Grease an 11 by 13-inch baking dish with room temperature butter.
- ☐ Place cubed brioche in the baking dish. Set aside.
- ☐ In a large bowl, combine diced apples with lemon juice, brown sugar and cranberries.
- ☐ Pour over bread.
- ☐ In a large bowl, whisk together half-and-half, eggs, cinnamon, nutmeg and vanilla.
- ☐ Pour custard over bread. Allow to saturate for a few minutes.
- ☐ Bake for 40 minutes until pudding sets.
- ☐ Serve with whipped cream.
- ☐ Place a medium bowl in the freezer for 1 hour before whipping cream.
- ☐ Add heavy cream to chilled bowl and whip with a hand mixer.
- ☐ Add liqueur and powdered sugar and combine well.

Nutrition Facts



 **PROTEIN 10.43%**  **FAT 44.13%**  **CARBS 45.44%**

Properties

Glycemic Index:26.96, Glycemic Load:35.74, Inflammation Score:-8, Nutrition Score:26.899565219879%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 845.15kcal (42.26%), Fat: 41.81g (64.33%), Saturated Fat: 22.48g (140.49%), Carbohydrates: 96.88g (32.29%), Net Carbohydrates: 89.44g (32.52%), Sugar: 37.58g (41.76%), Cholesterol: 221.52mg (73.84%), Sodium: 766.49mg (33.33%), Alcohol: 0.83g (100%), Alcohol %: 0.29% (100%), Protein: 22.23g (44.47%), Manganese: 1.83mg (91.35%), Selenium: 52.48µg (74.97%), Vitamin B2: 0.73mg (43.13%), Vitamin B1: 0.6mg (40.1%), Vitamin B3: 7.7mg (38.48%), Folate: 135.5µg (33.88%), Phosphorus: 337.95mg (33.8%), Iron: 5.74mg (31.88%), Calcium: 315.55mg (31.56%), Fiber: 7.44g (29.78%), Vitamin A: 1418.18IU (28.36%), Vitamin B5: 2mg (20%), Magnesium: 74.16mg (18.54%), Zinc: 2.25mg (15%), Vitamin B6: 0.29mg (14.33%), Copper: 0.26mg (13.23%), Potassium: 453.7mg (12.96%), Vitamin E: 1.68mg (11.22%), Vitamin K: 11.57µg (11.02%), Vitamin D: 1.61µg (10.71%), Vitamin B12: 0.51µg (8.53%), Vitamin C: 4.83mg (5.86%)