

Apple 'N Peanut Butter Bread Pudding

 Very Healthy

READY IN



65 min.

SERVINGS



6

CALORIES



754 kcal

DESSERT

Ingredients

- 2 Tbsp brown sugar packed
- 0.5 cup creamy peanut butter
- 1 cup egg substitute fat free
- 2 apples i use 2 granny smith apples cored peeled finely chopped
- 0.5 tsp ground cinnamon
- 1 tsp butter
- 1 cup milk 1%
- 5 cups bread whole thick cubed (5 slices)

0.5 cup raisins

Equipment

bowl

frying pan

oven

whisk

Directions

Preheat oven to 350° Grease 2-quart covered casserole with 1 tsp margarine; set aside. Melt remaining 1 Tbsp margarine in 12 inch nonstick skillet over medium-high heat and cook apples, stirring occasionally, 10 minutes or until golden. Stir in Skippy® Peanut Butter and raisins until Peanut Butter is melted.

Remove from heat, then stir in bread; set aside.

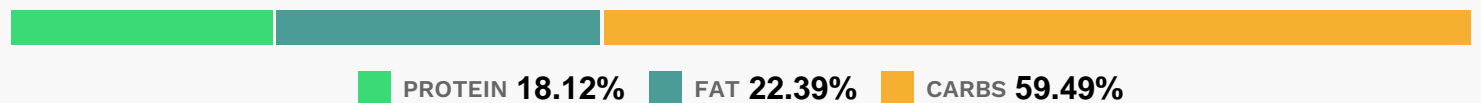
Whisk egg substitute, milk, cinnamon and brown sugar in large bowl; set aside. Toss bread mixture with egg mixture. Turn into prepared casserole.

Bake covered 35 minutes.

Remove cover and bake an additional 5 minutes or until golden.

Sprinkle, if desired, with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:58.81, Inflammation Score:-8, Nutrition Score:36.509565146073%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,

Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg
Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg,
Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 753.93kcal (37.7%), Fat: 19.16g (29.48%), Saturated Fat: 4.01g (25.05%), Carbohydrates: 114.57g (38.19%),
Net Carbohydrates: 99.32g (36.11%), Sugar: 23.9g (26.55%), Cholesterol: 1.97mg (0.66%), Sodium: 1086.9mg
(47.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.9g (69.8%), Manganese: 4.62mg (231.1%),
Selenium: 69.22µg (98.89%), Fiber: 15.25g (61.02%), Vitamin B1: 0.89mg (59.66%), Vitamin B3: 11.89mg (59.46%),
Phosphorus: 576.39mg (57.64%), Magnesium: 206.04mg (51.51%), Calcium: 423.41mg (42.34%), Iron: 6.64mg
(36.91%), Vitamin B2: 0.62mg (36.23%), Vitamin B6: 0.65mg (32.39%), Zinc: 4.63mg (30.86%), Copper: 0.6mg
(30.03%), Folate: 110.73µg (27.68%), Potassium: 933.08mg (26.66%), Vitamin E: 3.81mg (25.37%), Vitamin B5:
2.44mg (24.36%), Vitamin K: 16.96µg (16.16%), Vitamin D: 1.07µg (7.15%), Vitamin B12: 0.38µg (6.28%), Vitamin A:
234.43IU (4.69%), Vitamin C: 3.65mg (4.43%)