



WHATSheATE



Apple Raisin Bread Pudding



Vegetarian

READY IN



4500 min.

SERVINGS



6

CALORIES



428 kcal

DESSERT

Ingredients

- ☐ 8 slices cinnamon raisin bread quartered
- ☐ 6 large eggs
- ☐ 3 cups half-and-half
- ☐ 1 lb golden delicious apples cored peeled halved lengthwise thinly sliced (2 medium)
- ☐ 0.5 cup sugar

Equipment

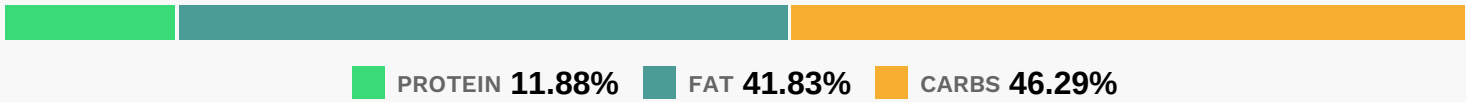
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Arrange bread in 1 layer on a large (17- by 13-inch) baking sheet and toast until pale golden, 10 to 12 minutes, then cool on baking sheet. Leave oven on.
- ☐ Meanwhile, toss apples with 3 tablespoons sugar in a bowl until coated. Cook in a dry 12-inch nonstick skillet over moderate heat, swirling skillet and turning slices over occasionally, until tender and pale golden, about 15 minutes.
- ☐ Combine bread and apples in a 2-quart soufflé or 2-inch-deep baking dish (about 8- by 12-inch oval).
- ☐ Whisk together half-and-half, eggs, and remaining 1/2 cup sugar with 1/4 teaspoon salt in a bowl, then pour mixture over bread and apples.
- ☐ Let soak at room temperature 15 minutes.
- ☐ Bake in a water bath until edge is set but center still trembles slightly when dish is gently shaken, 50 minutes to 1 hour for soufflé dish or 35 to 40 minutes for shallow dish. Cool pudding to warm in baking dish on a rack, about 1 hour. (Pudding will continue to set as it cools.)

Nutrition Facts



Properties

Glycemic Index:28.85, Glycemic Load:26.21, Inflammation Score:-5, Nutrition Score:12.929999952731%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epicatechin 3-gallate: 0.01mg,

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 428.47kcal (21.42%), Fat: 20.38g (31.35%), Saturated Fat: 10.47g (65.42%), Carbohydrates: 50.73g (16.91%), Net Carbohydrates: 47.42g (17.24%), Sugar: 31.65g (35.16%), Cholesterol: 228.35mg (76.12%), Sodium: 266.03mg (11.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.05%), Selenium: 26.26µg (37.51%), Vitamin B2: 0.62mg (36.71%), Phosphorus: 260.05mg (26.01%), Calcium: 185.05mg (18.51%), Folate: 66.14µg (16.54%), Vitamin A: 739.16IU (14.78%), Fiber: 3.31g (13.22%), Vitamin B5: 1.3mg (12.96%), Vitamin B1: 0.19mg (12.44%), Iron: 2.04mg (11.33%), Vitamin B12: 0.67µg (11.25%), Potassium: 388.64mg (11.1%), Manganese: 0.22mg (10.8%), Vitamin B6: 0.2mg (10.02%), Zinc: 1.4mg (9.32%), Magnesium: 30.89mg (7.72%), Vitamin B3: 1.44mg (7.2%), Vitamin E: 1.06mg (7.07%), Copper: 0.14mg (6.86%), Vitamin D: 1µg (6.67%), Vitamin C: 4.6mg (5.58%), Vitamin K: 3.98µg (3.79%)