



Apple Walnut Bread Pudding

READY IN



90 min.

SERVINGS



30

CALORIES



129 kcal

Ingredients

- 3 medium apples chopped
- 16 oz bread french cut into 1-inch cubes (4 cups)
- 2 tsp ground cinnamon divided
- 4 cups milk
- 2 pkg jell-o vanilla flavor cook & serve pudding (4-serving size each)
- 1 cup planters walnuts chopped
- 1.5 cups cool whip whipped topping thawed

Equipment

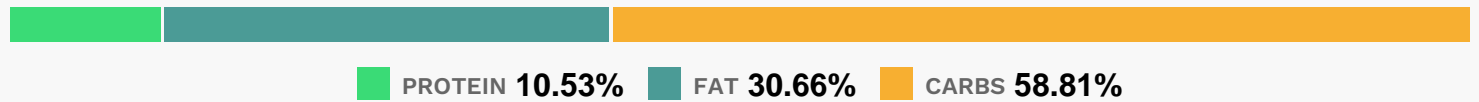
- bowl

- oven
- whisk
- baking pan

Directions

- Preheat oven to 350F. Toss bread cubes with apples and walnuts; place in lightly greased 13x9-inch baking pan.
- Pour milk into large bowl.
- Add dry pudding mixes and 1 tsp. of the cinnamon. Beat with wire whisk 2 minutes.
- Pour over bread mixture; sprinkle with remaining 1 tsp. cinnamon.
- Bake 50 minutes to 1 hour or until hot and bubbly.
- Let stand 10 minutes before serving. Top with whipped topping just before serving.

Nutrition Facts



Properties

Glycemic Index:5.85, Glycemic Load:7.35, Inflammation Score:-2, Nutrition Score:4.2452174140059%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 128.7kcal (6.43%), Fat: 4.5g (6.92%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 18.26g (6.64%), Sugar: 10.22g (11.36%), Cholesterol: 3.98mg (1.33%), Sodium: 147mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Manganese: 0.25mg (12.54%), Vitamin B1: 0.14mg (9.52%), Selenium: 5.29µg (7.55%), Vitamin B2: 0.12mg (7.31%), Phosphorus: 67.24mg (6.72%), Folate: 23.09µg (5.77%), Calcium: 57.51mg (5.75%), Fiber: 1.16g (4.64%), Copper: 0.09mg (4.63%), Iron: 0.75mg (4.17%), Vitamin B3: 0.83mg (4.15%), Magnesium: 16.18mg (4.05%), Vitamin B6: 0.07mg (3.27%), Potassium: 108.98mg (3.11%), Vitamin

B12: 0.18µg (3.05%), Zinc: 0.43mg (2.84%), Vitamin D: 0.36µg (2.39%), Vitamin B5: 0.21mg (2.06%), Vitamin A: 66.6IU (1.33%), Vitamin C: 0.89mg (1.08%)