

EGGS

Artichoke Bread Pudding

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$4.28	720 kcal

Artichoke Bread Pudding takes around 45 minutes from beginning to end. This recipe makes 6 servings with 720 calories, 35g of protein, and 40g of fat each. For \$4.28 per serving, this recipe covers 25% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 6 large eggs, lightly beaten
- ☐ ¾ pound Manchego cheese, rind removed, cheese thinly sliced
- ☐ 6 servings Salt and freshly ground pepper
- ☐ 1 quart whole milk
- ☐ 1 large garlic clove, halved
- ☐ 1¼ pound marinated artichokes, drained and thinly sliced, oil reserved
- ☐ 1 pound sourdough bread, sliced 1/2 inch thick

EQUIPMENT Bowl, Baking paper, Oven, Plastic wrap, Baking pan, Aluminum foil

Method

- 1

Preheat the oven to 42
- 2

Toast the bread directly on the oven racks until dry and lightly golden, about 3 minutes. Rub 1 side of the toast with the cut sides of the garlic clove. Lower the oven temperature to 37
- 3

Brush the bottom of a 9-by-13-inch baking dish with 1 tablespoon of the reserved artichoke oil and arrange one-third of the toast in a single layer. Top with half of the artichokes. Season lightly with salt and pepper and top with one-third of the cheese. Repeat with another layer of toast, artichokes and cheese and season with salt and pepper. Top with the remaining toast and cheese.
- 4

In a bowl, mix the milk with the eggs. Season with salt and pepper.

- 5 Pour the custard over the bread; cover with plastic wrap.
- 6 Lay a few cans on the plastic to keep the bread submerged.
- 7 Let soak until most of the custard is absorbed, about 15 minutes.
- 8 Remove the plastic.
- 9 Place a sheet of oiled parchment paper on top of the pudding and cover with foil.
- 10 Bake in the center of the oven for 30 minutes.
- 11 Remove the foil and parchment; bake for 15 minutes longer, or until the top is golden.
- 12 Let the pudding cool for 15 minutes before cutting into squares and serving.
- 13 Make Ahead: The pudding can be prepared through Step 3 and refrigerated overnight.
- 14 Let stand at room temperature for 30 minutes before proceeding.
- 15 Wine Recommendation: Look for a full-flavored Chardonnay with only a little oak, such as the 2002 Tormaresca from Italy or the 2000 Antonin Rodet Chteau de Chamirey Blanc from France.

Nutrition per serving

	720 KCAL	35 g PROTEIN	40 g FAT	52 g CARBS
Saturated Fat				20 g · 125% of daily needs
Fibre				3.6 g · 14% of daily needs
Sugar				12.2 g · 14% of daily needs
Sodium				1,483 mg · 64% of daily needs
Cholesterol				266 mg · 89% of daily needs
Vitamin C				20 mg · 24% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/artichoke-bread-pudding-148386