



Arugula, Bacon, and Gruyère Bread Pudding

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



603 kcal

Ingredients

- ☐ 6.5 cups baby arugula
- ☐ 6 slices bacon
- ☐ 5 large eggs
- ☐ 3 garlic clove chopped
- ☐ 1.5 cups gruyere cheese grated
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 large shallots finely chopped
- ☐ 1.5 cups milk whole

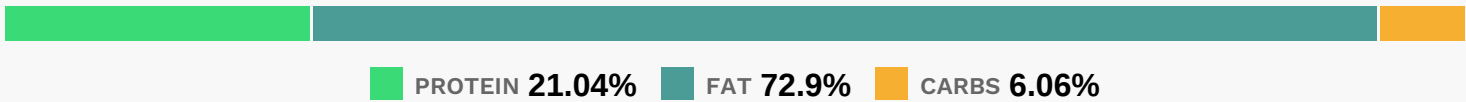
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat oven to 375°F with rack in middle. Butter a 2-qt shallow baking dish.
- ☐ Whisk together milk, cream, eggs, and 1/4 teaspoon each of salt and pepper in a large bowl.
- ☐ Cook bacon in a 12-inch heavy skillet over medium heat, turning occasionally, until crisp.
- ☐ Transfer with tongs to paper towels to drain, then coarsely crumble.
- ☐ Pour off all but 1 tablespoon fat from skillet. Increase heat to medium-high and cook shallot and garlic, stirring constantly, until golden, about 1 minute. Gradually add arugula and cook, stirring, until it wilts.
- ☐ Stir arugula mixture, bacon, bread, and cheese into custard.
- ☐ Transfer to baking dish and cover with foil.
- ☐ Bake 30 minutes, then remove foil and bake until golden in spots, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:2.3, Inflammation Score:-8, Nutrition Score:23.449565275856%

Flavonoids

Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 11.35mg, Kaempferol: 11.35mg, Kaempferol: 11.35mg, Kaempferol: 11.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 603.45kcal (30.17%), Fat: 48.93g (75.28%), Saturated Fat: 24.27g (151.72%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 8.38g (3.05%), Sugar: 6.86g (7.62%), Cholesterol: 353.33mg (117.78%), Sodium: 713.35mg (31.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.77g (63.55%), Calcium: 727.16mg (72.72%), Phosphorus: 604.51mg (60.45%), Selenium: 36.12µg (51.6%), Vitamin A: 2176.2IU (43.52%), Vitamin B2: 0.66mg (39.08%), Vitamin K: 38.26µg (36.44%), Vitamin B12: 2.05µg (34.25%), Zinc: 3.78mg (25.18%), Vitamin D: 3.16µg (21.08%), Vitamin B5: 2.01mg (20.1%), Vitamin B6: 0.37mg (18.68%), Folate: 69.23µg (17.31%), Vitamin B1: 0.23mg (15.03%), Magnesium: 59.49mg (14.87%), Potassium: 507.02mg (14.49%), Iron: 1.93mg (10.73%), Manganese: 0.19mg (9.68%), Vitamin E: 1.4mg (9.34%), Vitamin B3: 1.67mg (8.35%), Vitamin C: 6.26mg (7.58%), Copper: 0.12mg (5.79%), Fiber: 0.77g (3.07%)