



Asparagus, Ham, and Fontina Bread Puddings

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

Ingredients

- ☐ 1 pound asparagus
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 teaspoon basil dried
- ☐ 0.8 cup egg substitute
- ☐ 1.7 cups milk fat-free
- ☐ 3 ounces fontina shredded
- ☐ 0.5 cup ham chopped reduced-fat
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped

- ☐ 0.3 teaspoon salt
- ☐ 7 ounce sandwich bread white firm cut into 1/2-inch cubes (such as Pepperidge Farm Farmhouse)

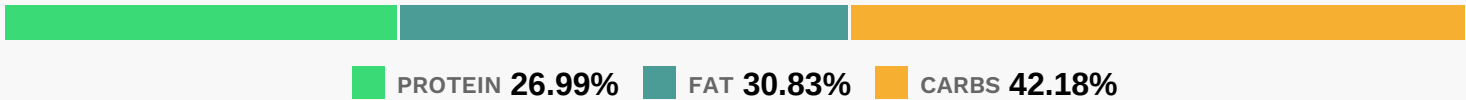
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Cut a 3-inch tip from each asparagus spear, reserving the stalks for another use.
- ☐ Cut asparagus tips into 1/2-inch pieces.
- ☐ Heat oil in a nonstick skillet over medium-high heat.
- ☐ Add onion; saute for 5 minutes or until tender, stirring frequently.
- ☐ Add asparagus; cover and cook 4 minutes, stirring once.
- ☐ Remove from heat, and set aside.
- ☐ Coat 6 (10-ounce) custard cups or ramekins with cooking spray; place in a large baking pan.
- ☐ Place bread cubes evenly into custard cups. Top evenly with asparagus mixture, ham, and cheese.
- ☐ Combine milk and remaining ingredients, stirring with a whisk.
- ☐ Pour evenly into custard cups; let stand 20 minutes.
- ☐ Add hot water to pan to a depth of 1 inch. Cover and bake at 375 for 30 minutes. Uncover and bake an additional 15 minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:13.76, Inflammation Score:-8, Nutrition Score:17.646956319394%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.65mg, Isorhamnetin: 5.65mg, Isorhamnetin: 5.65mg, Isorhamnetin: 5.65mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg

Nutrients (% of daily need)

Calories: 243.43kcal (12.17%), Fat: 8.45g (13%), Saturated Fat: 3.86g (24.15%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 23.1g (8.4%), Sugar: 8.6g (9.56%), Cholesterol: 25.72mg (8.57%), Sodium: 615.15mg (26.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.31%), Selenium: 28.57µg (40.82%), Vitamin K: 34.04µg (32.42%), Vitamin B1: 0.44mg (29.24%), Calcium: 287.93mg (28.79%), Vitamin B2: 0.46mg (26.77%), Phosphorus: 255.01mg (25.5%), Folate: 88.84µg (22.21%), Iron: 3.63mg (20.15%), Manganese: 0.38mg (19.16%), Vitamin A: 910.4IU (18.21%), Vitamin B3: 3.02mg (15.12%), Zinc: 2.13mg (14.2%), Vitamin B12: 0.81µg (13.49%), Vitamin B6: 0.27mg (13.46%), Potassium: 456.16mg (13.03%), Vitamin B5: 1.28mg (12.79%), Fiber: 2.93g (11.7%), Copper: 0.22mg (10.98%), Vitamin E: 1.6mg (10.68%), Magnesium: 40.59mg (10.15%), Vitamin D: 1.4µg (9.3%), Vitamin C: 6.36mg (7.71%)