



WHATSheATE



## Bandito Chile Cheese Bread Pudding



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



412 kcal

### Ingredients

- ☐ 0.3 cup cilantro leaves diced
- ☐ 2 teaspoons cumin
- ☐ 6 large eggs
- ☐ 16 ounce bread french
- ☐ 0.5 cup green onions thinly sliced
- ☐ 2 cups milk 2% low-fat
- ☐ 4 ounces monterrey jack cheese
- ☐ 1 bell pepper red
- ☐ 16 ounce newman's own farmer's garden salsa

- ☐ 4 ounces sharp cheddar cheese
- ☐ 1 cup heavy whipping cream light sour
- ☐ 3 tablespoons tomato paste

## Equipment

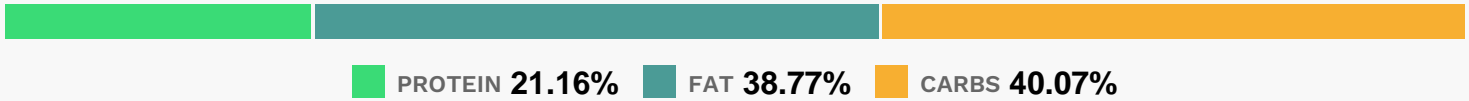
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ box grater

## Directions

- ☐ Cut bread in 1-inch cubes.
- ☐ Place 12 cups lightly packed cubes in a single layer on a wire rack on a baking sheet and place on bottom rack in oven. Reserve any remaining bread for another use.
- ☐ Cut pepper lengthwise into 1-inch strips, removing seeds and pulp.
- ☐ Place pepper strips, skin side up, on a different baking sheet and coat lightly with cooking spray.
- ☐ Place peppers on top rack in oven. Broil peppers and bread in oven at the same time, checking peppers every 30 seconds starting at 3 minutes.
- ☐ Remove peppers from oven when lightly browned.
- ☐ Remove bread cubes from oven.
- ☐ Reduce oven to 37
- ☐ Grate cheeses on the large holes of a box grater. Toss bread cubes with cheeses, onion and cilantro in a large mixing bowl.
- ☐ Using a fine mesh strainer, strain the salsa, separating the liquid from the solids.

- ☐ Combine the drained solids from salsa, eggs, milk and cumin. Toss egg mixture with the bread mixture, making sure all bread cubes are saturated.
- ☐ Coat a 13- x 9-inch baking dish with cooking spray.
- ☐ Spread bread mixture in dish and bake, uncovered, 35 to 40 minutes or until lightly browned and almost set in center.
- ☐ While bread pudding is cooking, combine reserved liquid from salsa, sour cream, tomato paste and roasted red pepper strips in a blender and blend until smooth.
- ☐ Remove bread pudding from oven, cut into squares, and drizzle with sour cream sauce.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:35.06, Glycemic Load:23.5, Inflammation Score:-8, Nutrition Score:22.470000184101%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

## Nutrients (% of daily need)

Calories: 412.24kcal (20.61%), Fat: 17.97g (27.64%), Saturated Fat: 9.17g (57.32%), Carbohydrates: 41.79g (13.93%), Net Carbohydrates: 38.74g (14.09%), Sugar: 9.54g (10.6%), Cholesterol: 179.3mg (59.77%), Sodium: 1041.21mg (45.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.06g (44.12%), Selenium: 36.84µg (52.62%), Vitamin B2: 0.7mg (40.93%), Calcium: 399.89mg (39.99%), Phosphorus: 374.86mg (37.49%), Vitamin B1: 0.51mg (33.82%), Vitamin A: 1595.27IU (31.91%), Vitamin C: 23.04mg (27.93%), Folate: 111.43µg (27.86%), Manganese: 0.44mg (22%), Iron: 3.93mg (21.84%), Vitamin B3: 3.89mg (19.47%), Vitamin K: 19.72µg (18.78%), Vitamin B12: 1.08µg (18.04%), Zinc: 2.66mg (17.7%), Vitamin B6: 0.35mg (17.47%), Potassium: 562.55mg (16.07%), Magnesium: 56.27mg (14.07%), Vitamin E: 2mg (13.35%), Vitamin B5: 1.24mg (12.43%), Fiber: 3.06g (12.22%), Vitamin D: 1.63µg (10.84%), Copper: 0.2mg (9.98%)