



## Berry Bread Pudding With Vanilla Cream Sauce

READY IN



30 min.

SERVINGS



10

CALORIES



522 kcal

DESSERT

### Ingredients

- 1 cup blackberries frozen thaw (do not )
- 16 ounce bread loaf french cubed
- 0.3 cup butter melted
- 2 tablespoons butter melted
- 4 large eggs lightly beaten
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 2.8 cups milk

- 1 cup raspberries frozen thaw (do not )
- 10 servings garnishes: raspberries fresh
- 1 cup sugar
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 10 servings vanilla cream sauce

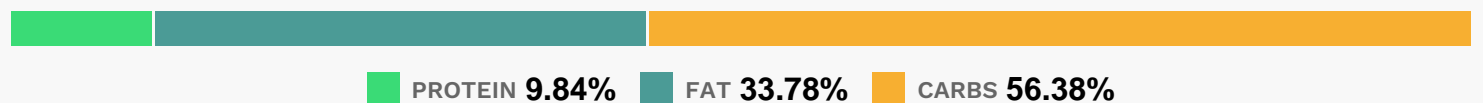
## Equipment

- oven
- whisk
- baking pan
- wooden spoon

## Directions

- Arrange half of bread pieces in a lightly greased 11- x 7-inch baking dish. Arrange frozen berries in a single layer over bread. Top with remaining bread pieces.
- Whisk eggs and next 6 ingredients until smooth. Slowly pour egg mixture over bread, pressing down with a wooden spoon until bread absorbs mixture.
- Let stand 20 minutes.
- Bake, covered, at 350 for 30 minutes. Uncover, brush evenly with 2 tablespoons melted butter; sprinkle evenly with 2 tablespoons sugar, and bake 30 more minutes or until set.
- Remove from oven, and let stand 30 minutes.
- Serve with Vanilla Cream Sauce.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:57.17, Glycemic Load:45.41, Inflammation Score:-7, Nutrition Score:18.29826097903%

## Flavonoids

Cyanidin: 47.35mg, Cyanidin: 47.35mg, Cyanidin: 47.35mg, Cyanidin: 47.35mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.95mg, Delphinidin: 0.95mg, Delphinidin: 0.95mg, Delphinidin: 0.95mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 6.28mg, Catechin: 6.28mg, Catechin: 6.28mg, Catechin: 6.28mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 522.19kcal (26.11%), Fat: 19.97g (30.72%), Saturated Fat: 11.02g (68.87%), Carbohydrates: 74.97g (24.99%), Net Carbohydrates: 67.92g (24.7%), Sugar: 45.75g (50.83%), Cholesterol: 129.71mg (43.24%), Sodium: 435.43mg (18.93%), Alcohol: 0.14g (100%), Alcohol %: 0.06% (100%), Protein: 13.09g (26.17%), Manganese: 0.87mg (43.46%), Vitamin B2: 0.57mg (33.82%), Selenium: 22.01µg (31.44%), Fiber: 7.05g (28.2%), Vitamin B1: 0.42mg (28.12%), Vitamin C: 22.3mg (27.03%), Phosphorus: 250.96mg (25.1%), Calcium: 228.65mg (22.86%), Folate: 87.63µg (21.91%), Iron: 2.81mg (15.58%), Vitamin A: 761.72IU (15.23%), Vitamin B3: 2.88mg (14.41%), Vitamin B5: 1.38mg (13.79%), Vitamin B12: 0.81µg (13.54%), Magnesium: 53.63mg (13.41%), Potassium: 449.34mg (12.84%), Zinc: 1.86mg (12.38%), Vitamin E: 1.53mg (10.22%), Vitamin B6: 0.2mg (10%), Copper: 0.19mg (9.62%), Vitamin K: 9.9µg (9.43%), Vitamin D: 1.27µg (8.47%)