



Berry Bread Puddings



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



371 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 8 eggs
- ☐ 3 cups half and half
- ☐ 4 cups berries mixed such as blackberry, raspberry, strawberry, or blueberry (in any combination)
- ☐ 0.3 teaspoon nutmeg
- ☐ 1.5 cups sugar
- ☐ 1 tablespoon vanilla
- ☐ 8 cups frangelico cubed

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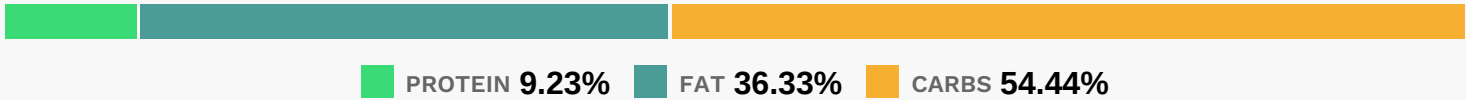
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375° F. Prepare eight individual soufflé cups (1-cup capacity) with cooking spray. In a large bowl, toss the bread cubes with the berries to distribute evenly. In another bowl, beat the eggs with a whisk or electric mixer on low speed until frothy.
- ☐ Add the sugar and beat until well blended.
- ☐ Add the half and half, vanilla, cinnamon, and nutmeg and continue beating on low speed until well blended. Fill soufflé cups with bread and berry mixture, mounding it a bit on top.
- ☐ Pour egg mixture over the bread and berries, filling evenly to the rim.
- ☐ Place the soufflé cups in large ovenproof baking dish and pour boiling water into the dish until it reaches about halfway up the sides of the soufflé cups.
- ☐ Bake for 30 to 35 minutes, or until a cake tester or toothpick placed in the center of the puddings comes out clean.
- ☐ Remove from oven and allow to cool. These can be made one day ahead of the shower; simply refrigerate overnight and serve at room temperature. Just before serving, dust each top with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:26.19, Inflammation Score:-4, Nutrition Score:9.071739051653%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 371.33kcal (18.57%), Fat: 15.26g (23.48%), Saturated Fat: 7.82g (48.85%), Carbohydrates: 51.46g (17.15%), Net Carbohydrates: 49.22g (17.9%), Sugar: 48.11g (53.46%), Cholesterol: 195.44mg (65.15%), Sodium: 119.17mg (5.18%), Alcohol: 0.56g (100%), Alcohol %: 0.28% (100%), Protein: 8.72g (17.45%), Vitamin B2: 0.41mg (24.39%), Selenium: 16.72µg (23.89%), Phosphorus: 182.25mg (18.22%), Vitamin K: 14.1µg (13.43%), Calcium: 131.12mg (13.11%), Vitamin A: 595.31IU (11.91%), Vitamin B5: 1.04mg (10.35%), Vitamin B12: 0.56µg (9.4%), Fiber: 2.24g (8.95%), Manganese: 0.18mg (8.89%), Vitamin B6: 0.17mg (8.34%), Folate: 28.89µg (7.22%), Vitamin E: 1.07mg (7.11%), Zinc: 0.99mg (6.58%), Potassium: 226.81mg (6.48%), Vitamin D: 0.88µg (5.87%), Iron: 1mg (5.55%), Vitamin B1: 0.07mg (4.67%), Magnesium: 18.69mg (4.67%), Copper: 0.07mg (3.54%), Vitamin C: 2.77mg (3.35%), Vitamin B3: 0.55mg (2.73%)