



food
network

Biscuit and Blue Cheese Bread Pudding

READY IN



75 min.

SERVINGS



10

CALORIES



574 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounces cheese blue crumbled
- ☐ 8 tablespoons butter plus more for baking dish 1 stick
- ☐ 12 baked buttermilk biscuits 2 inches in diameter
- ☐ 2 cups corn kernels frozen thawed drained
- ☐ 3 eggs lightly beaten
- ☐ 2 medium bell peppers green seeded chopped
- ☐ 3 cups heavy cream
- ☐ 2 jalapeño peppers diced seeded
- ☐ 0.5 teaspoon salt

☐ 1 large onion yellow chopped

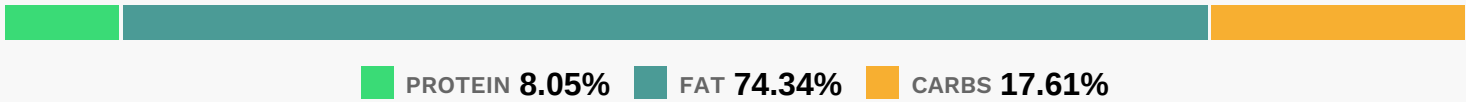
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F. Butter a 13 by 9-inch baking dish.
- ☐ Sprinkle 1/2 cup of the blue cheese into the baking dish. Melt the butter in a large skillet over medium-high heat.
- ☐ Add the green peppers and onion and saute until softened, about 5 minutes. Stir in the corn and jalapenos and cook for 1 minute more. Take the skillet off the heat and allow the mixture to cool.
- ☐ In a large bowl, mix the cream and eggs. Crumble the biscuits and the remaining 1 1/2 cups blue cheese into the custard and stir to combine. Stir in the sauteed vegetables and the salt and pepper.
- ☐ Pour the mixture into the baking dish.
- ☐ Bake until golden and set in the middle, 50 to 60 minutes.
- ☐ Remove the dish from the oven and serve hot.

Nutrition Facts



Properties

Glycemic Index:24.3, Glycemic Load:10.51, Inflammation Score:-8, Nutrition Score:13.797826062078%

Flavonoids

Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 574.06kcal (28.7%), Fat: 48.44g (74.52%), Saturated Fat: 27.74g (173.4%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 23.98g (8.72%), Sugar: 6.16g (6.85%), Cholesterol: 171.2mg (57.07%), Sodium: 860.99mg (37.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.61%), Vitamin A: 1708.29IU (34.17%), Phosphorus: 322.41mg (32.24%), Vitamin C: 24.52mg (29.72%), Vitamin B2: 0.42mg (24.8%), Selenium: 15.97µg (22.82%), Calcium: 200.49mg (20.05%), Folate: 58.38µg (14.59%), Vitamin B1: 0.2mg (13.26%), Manganese: 0.23mg (11.75%), Vitamin E: 1.76mg (11.74%), Vitamin B5: 1.05mg (10.55%), Vitamin D: 1.52µg (10.13%), Vitamin B6: 0.2mg (9.81%), Potassium: 334.51mg (9.56%), Vitamin B12: 0.57µg (9.55%), Vitamin B3: 1.87mg (9.37%), Iron: 1.66mg (9.24%), Zinc: 1.28mg (8.52%), Fiber: 1.84g (7.36%), Vitamin K: 7.48µg (7.13%), Magnesium: 26.27mg (6.57%), Copper: 0.09mg (4.42%)