



Blue Cheese Bread Pudding

 Vegetarian

READY IN



115 min.

SERVINGS



12

CALORIES



554 kcal

Ingredients

- 1 pound cheese blue crumbled
- 4 tablespoons butter softened
- 5 egg yolks
- 5 eggs lightly beaten
- 20 ounces bread french cubed
- 3 cloves garlic minced
- 1 tablespoon ground pepper black
- 3 cups heavy cream
- 1 onion chopped

1 tablespoon salt

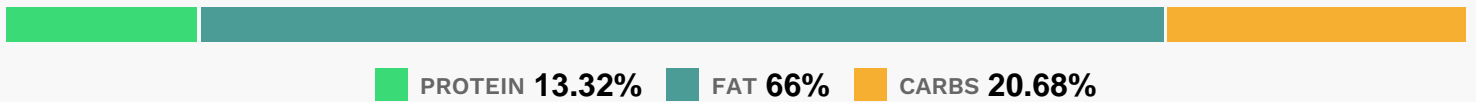
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Melt the butter in a skillet over medium-low heat, and cook the onion and garlic 20 minutes, until soft and golden brown.
- Arrange 1/2 the bread cubes in the bottom of a 9x13 inch baking pan.
- Layer with 1/2 the blue cheese and the onion mixture. Top with remaining bread cubes and cheese.
- In a small bowl, whisk together the eggs, egg yolks, heavy cream, salt and pepper.
- Pour over top layer of bread cubes in pan. Set aside for 30 minutes.
- Preheat oven to 375 degrees F (190 degrees C).
- Bake pudding 40 minutes in the preheated oven. Cover pan and continue baking 15 minutes, or until set and golden brown. Allow to sit 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.54, Glycemic Load:19.46, Inflammation Score:-7, Nutrition Score:16.146956485251%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 554.12kcal (27.71%), Fat: 41.02g (63.1%), Saturated Fat: 24.7g (154.4%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 27.59g (10.03%), Sugar: 4.62g (5.13%), Cholesterol: 254.82mg (84.94%), Sodium: 1376.8mg (59.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.25%), Selenium: 30.83µg (44.05%), Vitamin B2: 0.59mg (34.54%), Phosphorus: 301.67mg (30.17%), Vitamin A: 1489.81IU (29.8%), Calcium: 290.52mg (29.05%), Vitamin B1: 0.39mg (25.69%), Folate: 95.66µg (23.92%), Manganese: 0.35mg (17.52%), Vitamin B5: 1.5mg (14.96%), Iron: 2.64mg (14.65%), Vitamin B12: 0.87µg (14.56%), Zinc: 2.08mg (13.9%), Vitamin B3: 2.74mg (13.7%), Vitamin D: 1.91µg (12.75%), Vitamin B6: 0.21mg (10.67%), Vitamin E: 1.24mg (8.29%), Magnesium: 32.62mg (8.16%), Potassium: 266.32mg (7.61%), Copper: 0.13mg (6.27%), Fiber: 1.34g (5.35%), Vitamin K: 4.44µg (4.23%), Vitamin C: 1.27mg (1.54%)