



Blueberry Bread-and-Butter Pudding



Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



401 kcal

DESSERT

Ingredients

- ☐ 1 serving land o'lakes cinnamon sugar butter for greasing dish
- ☐ 0.5 cup land o'lakes cinnamon sugar butter lakes® (from 6.5-oz container)
- ☐ 1 lb sandwich bread white firm
- ☐ 0.5 cup blueberry jam
- ☐ 6 eggs
- ☐ 0.3 cup honey
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 teaspoons vanilla

- ☐ 0.5 teaspoon salt
- ☐ 1 cup blueberries fresh
- ☐ 2.5 cups frangelico

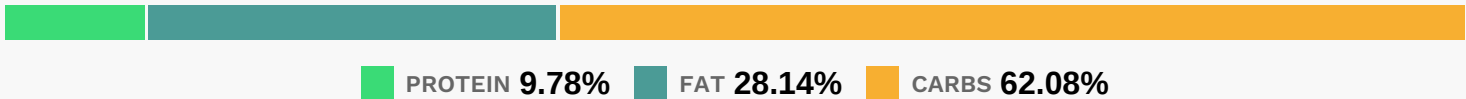
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F. Grease 13x9-inch (3-quart) glass or ceramic baking dish with cinnamon sugar butter spread.
- ☐ Using the 1/2 cup cinnamon sugar butter spread, spread about 1/2 tablespoon butter spread on 1 slice of bread.
- ☐ Spread about 1/2 tablespoon blueberry jam on another slice of bread. Sandwich slices together. Continue to make sandwiches until you have used the entire loaf.
- ☐ Cut sandwiches into triangles; arrange points up in baking dish.
- ☐ In medium bowl, beat eggs, half-and-half, honey, lemon peel, vanilla and salt with whisk until well blended.
- ☐ Pour custard mixture over sandwich triangles in dish.
- ☐ Let soak 15 minutes.
- ☐ Sprinkle blueberries over top of bread pudding.
- ☐ Bake 50 to 60 minutes or until custard has set and toast points are golden brown. Cool slightly.
- ☐ Serve with additional cinnamon sugar butter spread.

Nutrition Facts



Properties

Glycemic Index:27.76, Glycemic Load:34.77, Inflammation Score:-4, Nutrition Score:10.652173881945%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 400.69kcal (20.03%), Fat: 12.5g (19.23%), Saturated Fat: 4.5g (28.12%), Carbohydrates: 62.03g (20.68%), Net Carbohydrates: 59.96g (21.81%), Sugar: 31.77g (35.3%), Cholesterol: 134.73mg (44.91%), Sodium: 506.55mg (22.02%), Alcohol: 0.34g (100%), Alcohol %: 0.27% (100%), Protein: 9.77g (19.54%), Selenium: 23.85µg (34.07%), Manganese: 0.43mg (21.48%), Vitamin B1: 0.31mg (20.75%), Folate: 82.24µg (20.56%), Vitamin B2: 0.32mg (18.67%), Iron: 2.7mg (15.02%), Calcium: 145.19mg (14.52%), Vitamin B3: 2.83mg (14.16%), Phosphorus: 136.35mg (13.64%), Vitamin B5: 0.85mg (8.49%), Fiber: 2.06g (8.25%), Zinc: 1mg (6.67%), Copper: 0.13mg (6.61%), Vitamin B6: 0.13mg (6.33%), Magnesium: 21.71mg (5.43%), Vitamin C: 4.38mg (5.31%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.66µg (4.4%), Potassium: 152.14mg (4.35%), Vitamin E: 0.6mg (4.02%), Vitamin A: 189.01IU (3.78%), Vitamin K: 3.78µg (3.6%)