



Blueberry Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



7

CALORIES



729 kcal

Ingredients

- ☐ 3 cups blueberries fresh divided
- ☐ 16 ounce bread french cubed
- ☐ 0.3 cup butter melted
- ☐ 8 ounce cream cheese cut into pieces
- ☐ 6 large eggs
- ☐ 0.3 cup maple syrup
- ☐ 4 cups milk
- ☐ 1 leaves mint leaves fresh
- ☐ 10 ounce preserves

☐ 0.5 cup sugar

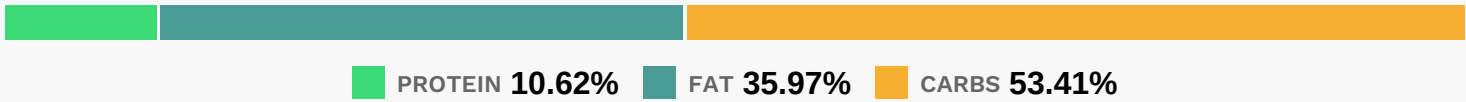
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Arrange half of bread cubes in a lightly greased 13- x 9-inch pan.
- ☐ Sprinkle evenly with cream cheese and 1 cup blueberries; top with remaining bread cubes.
- ☐ Whisk together eggs, 4 cups milk, sugar, butter, and maple syrup; pour over bread mixture, pressing bread cubes to absorb egg mixture. Cover and chill 8 hours.
- ☐ Bake, covered, at 350 for 30 minutes. Uncover and bake 30 more minutes or until lightly browned and set.
- ☐ Let stand 5 minutes before serving.
- ☐ Stir together remaining 2 cups blueberries and blueberry preserves in a saucepan over low heat until warm.
- ☐ Serve blueberry mixture over bread pudding.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:53.61, Glycemic Load:50.47, Inflammation Score:0, Nutrition Score:23.093043534652%

Flavonoids

Cyanidin: 5.37mg, Cyanidin: 5.37mg, Cyanidin: 5.37mg, Cyanidin: 5.37mg Petunidin: 20mg, Petunidin: 20mg, Petunidin: 20mg, Petunidin: 20mg Delphinidin: 22.47mg, Delphinidin: 22.47mg, Delphinidin: 22.47mg, Delphinidin: 22.47mg Malvidin: 42.87mg, Malvidin: 42.87mg, Malvidin: 42.87mg, Malvidin: 42.87mg Peonidin: 12.87mg, Peonidin: 12.87mg, Peonidin: 12.87mg, Peonidin: 12.87mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg

3.36mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg
Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Luteolin: 0.13mg, Luteolin:
0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg,
Kaempferol: 1.05mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin:
4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg Gallocatechin: 0.08mg, Gallocatechin:
0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 728.82kcal (36.44%), Fat: 29.48g (45.35%), Saturated Fat: 15.12g (94.5%), Carbohydrates: 98.47g
(32.82%), Net Carbohydrates: 93.91g (34.15%), Sugar: 58.91g (65.45%), Cholesterol: 226.31mg (75.44%), Sodium:
588.98mg (25.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.18%), Manganese: 1.29mg
(64.4%), Selenium: 38.29µg (54.71%), Vitamin B2: 0.83mg (49.08%), Phosphorus: 361.2mg (36.12%), Calcium:
334.47mg (33.45%), Vitamin B1: 0.41mg (27.13%), Vitamin A: 1130.88IU (22.62%), Folate: 86.65µg (21.66%), Vitamin
B3: 4.12mg (20.61%), Vitamin B12: 1.22µg (20.32%), Vitamin B5: 1.99mg (19.89%), Iron: 3.52mg (19.53%), Fiber: 4.56g
(18.24%), Vitamin K: 17.21µg (16.39%), Vitamin D: 2.39µg (15.94%), Magnesium: 59.37mg (14.84%), Potassium:
510.59mg (14.59%), Zinc: 2.18mg (14.5%), Vitamin B6: 0.29mg (14.47%), Vitamin C: 9.85mg (11.94%), Copper: 0.21mg
(10.58%), Vitamin E: 1.52mg (10.13%)