



Blueberry Bread Puddings with Lemon Curd

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



523 kcal

DESSERT

Ingredients

- ☐ 1.5 cups blueberries frozen divided
- ☐ 2 teaspoons butter
- ☐ 1 large eggs lightly beaten
- ☐ 3 large eggs lightly beaten
- ☐ 4.5 cups bread french cubed () (8 ounces)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 1.3 cups milk 2% reduced-fat

☐ 0.3 cup sugar

☐ 0.5 cup sugar

Equipment

☐ bowl

☐ sauce pan

☐ oven

☐ knife

☐ whisk

☐ ramekin

☐ baking pan

☐ aluminum foil

Directions

☐ To prepare puddings, combine first 4 ingredients in a large bowl, stirring well with a whisk.

☐ Add bread, tossing gently to coat. Cover and chill 30 minutes or up to 4 hours.

☐ Preheat oven to 35

☐ Divide half of bread mixture evenly among 8 (6-ounce) ramekins or custard cups coated with cooking spray; sprinkle evenly with 3/4 cup berries. Divide remaining bread mixture among ramekins; top with 3/4 cup berries.

☐ Cover each ramekin with foil.

☐ Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.

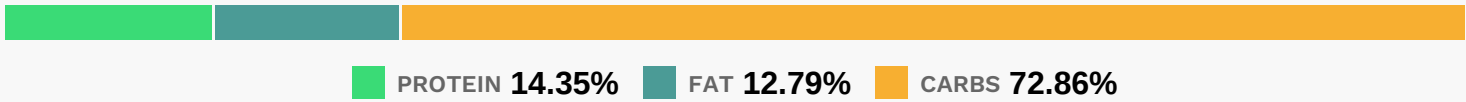
☐ Bake, covered, at 350 for 15 minutes. Uncover and bake an additional 15 minutes or until a knife inserted in center comes out clean.

☐ To prepare lemon curd, combine 1/3 cup sugar and 1 egg in a small saucepan over medium heat, stirring with a whisk. Cook 2 minutes or until sugar dissolves and mixture is light in color, stirring constantly. Stir in lemon juice and butter; cook 2 minutes or until mixture coats the back of a spoon, stirring constantly with a whisk.

☐ Place saucepan in a large ice-filled bowl for 5 minutes or until lemon curd cools to room temperature.

Serve lemon curd over warm bread puddings.

Nutrition Facts



Properties

Glycemic Index:38.84, Glycemic Load:69.13, Inflammation Score:-7, Nutrition Score:20.796087057694%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 523.01kcal (26.15%), Fat: 7.52g (11.57%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 96.38g (32.13%), Net Carbohydrates: 92.72g (33.72%), Sugar: 31.87g (35.41%), Cholesterol: 98.64mg (32.88%), Sodium: 862.6mg (37.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Selenium: 46.83µg (66.9%), Vitamin B1: 0.98mg (65.44%), Vitamin B2: 0.77mg (45.17%), Folate: 180.56µg (45.14%), Manganese: 0.8mg (40.22%), Vitamin B3: 6.59mg (32.96%), Iron: 5.75mg (31.92%), Phosphorus: 227.44mg (22.74%), Fiber: 3.66g (14.63%), Calcium: 130.59mg (13.06%), Magnesium: 51.85mg (12.96%), Zinc: 1.94mg (12.91%), Copper: 0.24mg (12.07%), Vitamin B6: 0.22mg (10.88%), Vitamin B5: 1.01mg (10.06%), Potassium: 272.37mg (7.78%), Vitamin C: 6.2mg (7.52%), Vitamin B12: 0.42µg (7%), Vitamin K: 6.52µg (6.21%), Vitamin E: 0.75mg (5.02%), Vitamin A: 219.48IU (4.39%), Vitamin D: 0.5µg (3.33%)