



## Blueberry Mexican Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



374 kcal

### Ingredients

- 1.5 cups apricot-flavor syrup
- 1.5 cups blueberries
- 6 cups unseasoned bread cubes dried (1 package,)
- 0.1 lb butter
- 0.5 teaspoon ground cinnamon
- 0.5 pound jack cheese
- 2 tablespoons juice of lemon
- 2 teaspoons lemon zest grated
- 0.8 cup pecans chopped

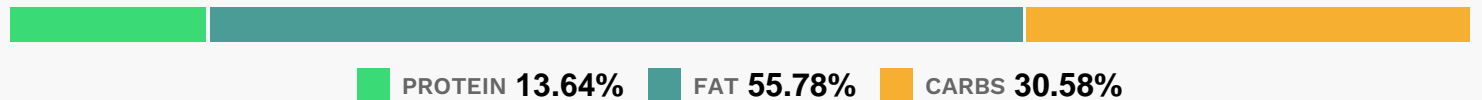
## Equipment

- oven
- aluminum foil

## Directions

- Rinse and drain blueberries if fresh.
- Put butter and cinnamon in a 9- by 13-inch casserole.
- Heat in a 350 oven until butter is melted, about 5 minutes.
- Meanwhile, cut cheese into 1/2-inch cubes.
- Add dried bread cubes to casserole and mix well.
- Combine apricot-flavor syrup, lemon peel, lemon juice, and 1/4 cup water.
- Pour over bread, mixing well.
- Add pecans, cheese, and blueberries to casserole and gently mix to distribute evenly.
- Cover casserole tightly with foil.
- Bake for 20 minutes in a 350 oven. Uncover casserole and bake until pudding top is crisp and golden brown, about 15 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:22.79, Glycemic Load:13.26, Inflammation Score:-7, Nutrition Score:13.945217500562%

## Flavonoids

Cyanidin: 3.45mg, Cyanidin: 3.45mg, Cyanidin: 3.45mg, Cyanidin: 3.45mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg Catechin: 3.27mg, Catechin: 3.27mg, Catechin: 3.27mg, Catechin: 3.27mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-

gallate: 0.23mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 373.53kcal (18.68%), Fat: 23.77g (36.57%), Saturated Fat: 7.54g (47.13%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 25.28g (9.19%), Sugar: 8.52g (9.47%), Cholesterol: 25.23mg (8.41%), Sodium: 436.24mg (18.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.08g (26.16%), Manganese: 1.1mg (55.08%), Calcium: 280.86mg (28.09%), Selenium: 16.66µg (23.8%), Phosphorus: 220.44mg (22.04%), Vitamin A: 1053.66IU (21.07%), Vitamin B1: 0.27mg (17.68%), Fiber: 4.04g (16.16%), Vitamin B2: 0.26mg (15.08%), Vitamin B3: 2.79mg (13.96%), Zinc: 1.86mg (12.39%), Iron: 2.18mg (12.13%), Folate: 48.22µg (12.06%), Copper: 0.23mg (11.69%), Magnesium: 42.4mg (10.6%), Vitamin C: 7.91mg (9.59%), Vitamin K: 9.48µg (9.03%), Potassium: 228.9mg (6.54%), Vitamin E: 0.94mg (6.29%), Vitamin B6: 0.12mg (6.2%), Vitamin B5: 0.61mg (6.09%), Vitamin B12: 0.24µg (4.04%), Vitamin D: 0.17µg (1.13%)