



WHATSheATE



Bread Pudding Apple Pie

READY IN



80 min.

SERVINGS



8

CALORIES



380 kcal

DESSERT

Ingredients

- ☐ 2 apples cored peeled chopped
- ☐ 1 cup apple sauce
- ☐ 3 cups unseasoned bread cubes
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons butter
- ☐ 3 eggs
- ☐ 0.5 cup vanilla yogurt fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 cup rolled oats
- ☐ 1 9-inch unbaked pie crust
- ☐ 0.5 cup sugar white

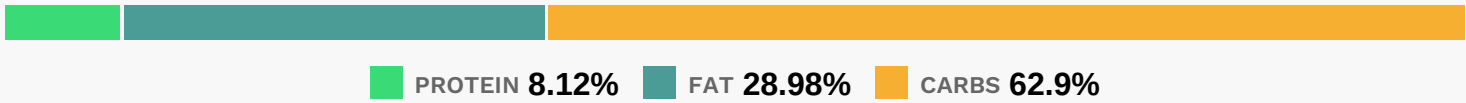
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium mixing bowl stir together eggs, applesauce, yogurt, white sugar, 1/2 cup brown sugar, oats, and cinnamon. Stir in bread and apples.
- ☐ Pour into pie crust.
- ☐ In another bowl stir 1/4 cup brown sugar and flour.
- ☐ Cut in butter until mixture resembles coarse crumbs.
- ☐ Sprinkle on top of pie filling.
- ☐ Bake in preheated oven for 1 hour or until top is golden and fruit is tender.

Nutrition Facts



Properties

Glycemic Index:41.34, Glycemic Load:19.07, Inflammation Score:-4, Nutrition Score:9.5086956646131%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.08mg, Epicatechin: 5.08mg, Epicatechin: 5.08mg, Epicatechin: 5.08mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol:

0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 379.79kcal (18.99%), Fat: 12.43g (19.12%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 60.69g (20.23%), Net Carbohydrates: 57.05g (20.75%), Sugar: 30.98g (34.42%), Cholesterol: 69.21mg (23.07%), Sodium: 259.92mg (11.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.66%), Manganese: 0.65mg (32.68%), Selenium: 16.54µg (23.63%), Vitamin B1: 0.24mg (15.84%), Vitamin B2: 0.25mg (14.72%), Fiber: 3.64g (14.57%), Folate: 55.72µg (13.93%), Phosphorus: 128.78mg (12.88%), Iron: 2.3mg (12.8%), Vitamin B3: 2.24mg (11.22%), Calcium: 79.86mg (7.99%), Magnesium: 28.52mg (7.13%), Vitamin B5: 0.65mg (6.54%), Zinc: 0.91mg (6.05%), Potassium: 211.43mg (6.04%), Copper: 0.11mg (5.72%), Vitamin B6: 0.11mg (5.35%), Vitamin K: 4.66µg (4.44%), Vitamin A: 213.23IU (4.26%), Vitamin E: 0.58mg (3.86%), Vitamin B12: 0.22µg (3.75%), Vitamin C: 2.56mg (3.1%), Vitamin D: 0.33µg (2.2%)