

## Bread Pudding II

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



436 kcal

DESSERT

### Ingredients

- 2.5 cups day old bread french cubed
- 2 tablespoons butter softened
- 1 tablespoon brown sugar dark
- 4 eggs beaten
- 1 pinch ground nutmeg
- 2 cups milk
- 1 cup pecans chopped
- 1 teaspoon vanilla extract

0.5 cup sugar white

## Equipment

bowl

oven

knife

whisk

baking pan

## Directions

Preheat oven to 300 degrees F (150 degrees C). Generously butter an 8x8 inch baking dish. Prepare a water bath for the baking dish by placing a larger dish in the oven, and partially filling it with hot water.

Place bread cubes in the baking dish. In a medium bowl, beat together eggs, sugar, and vanilla. Slowly whisk in the scalded milk.

Pour over the bread.

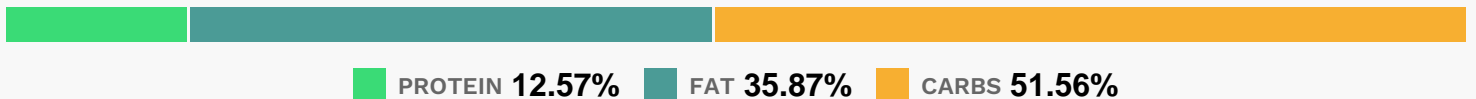
Sprinkle with nutmeg, brown sugar, and pecans.

Place the baking dish in the water bath.

Bake for 50 to 60 minutes, or until a knife inserted in the middle comes out clean.

Serve either hot or chilled.

## Nutrition Facts



## Properties

Glycemic Index:39.82, Glycemic Load:39.47, Inflammation Score:-5, Nutrition Score:16.060434540329%

## Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg,

Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

## **Nutrients (% of daily need)**

Calories: 435.69kcal (21.78%), Fat: 17.67g (27.18%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 57.15g (19.05%), Net Carbohydrates: 54.31g (19.75%), Sugar: 20.95g (23.28%), Cholesterol: 96.68mg (32.23%), Sodium: 522.62mg (22.72%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 13.93g (27.86%), Manganese: 0.96mg (47.96%), Vitamin B1: 0.65mg (43.35%), Selenium: 29.66µg (42.37%), Vitamin B2: 0.52mg (30.62%), Folate: 104.22µg (26.05%), Phosphorus: 218.28mg (21.83%), Iron: 3.61mg (20.06%), Vitamin B3: 3.8mg (18.98%), Copper: 0.28mg (14.03%), Calcium: 136.95mg (13.7%), Zinc: 1.87mg (12.48%), Magnesium: 49.09mg (12.27%), Fiber: 2.84g (11.36%), Vitamin B5: 0.92mg (9.25%), Vitamin B6: 0.18mg (9.04%), Vitamin B12: 0.53µg (8.85%), Potassium: 263.36mg (7.52%), Vitamin D: 1.11µg (7.41%), Vitamin A: 312.14IU (6.24%), Vitamin E: 0.67mg (4.47%), Vitamin K: 1.44µg (1.38%)