

Bread Pudding II

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



350 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 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

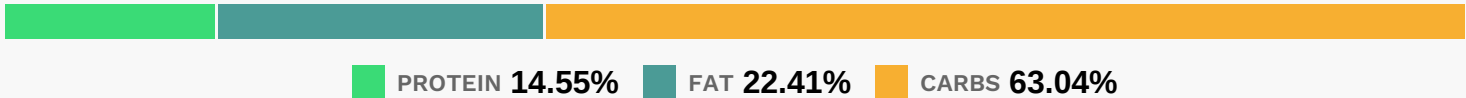
Equipment

- ☐ 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:38.57, Glycemic Load:39.41, Inflammation Score:-5, Nutrition Score:13.116521884566%

Nutrients (% of daily need)

Calories: 350.18kcal (17.51%), Fat: 8.76g (13.47%), Saturated Fat: 4.05g (25.29%), Carbohydrates: 55.43g (18.48%), Net Carbohydrates: 53.77g (19.55%), Sugar: 20.46g (22.74%), Cholesterol: 96.68mg (32.23%), Sodium: 522.62mg (22.72%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 12.8g (25.59%), Selenium: 29.19µg (41.7%), Vitamin B1: 0.57mg (37.9%), Vitamin B2: 0.5mg (29.68%), Folate: 101.49µg (25.37%), Manganese: 0.4mg (20.11%), Phosphorus: 184mg (18.4%), Iron: 3.3mg (18.32%), Vitamin B3: 3.65mg (18.26%), Calcium: 128.29mg (12.83%),

Vitamin B12: 0.53µg (8.85%), Zinc: 1.31mg (8.74%), Magnesium: 34.11mg (8.53%), Vitamin B5: 0.82mg (8.18%),
Vitamin B6: 0.15mg (7.74%), Vitamin D: 1.11µg (7.41%), Fiber: 1.65g (6.61%), Copper: 0.13mg (6.6%), Vitamin A:
305.21IU (6.1%), Potassium: 212.63mg (6.07%), Vitamin E: 0.5mg (3.32%)