



HEALTH SCORE

56%

Bread Pudding III



Vegetarian

READY IN



60 min.

SERVINGS



1

CALORIES



2776 kcal

DESSERT

Ingredients

- ☐ 2 apples
- ☐ 8 cups unseasoned bread cubes
- ☐ 3 eggs
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup half-and-half cream
- ☐ 0.5 cup milk
- ☐ 1 cup sugar white

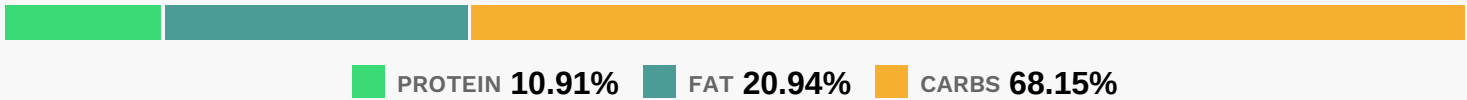
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Peel, core and cube the apples.
- ☐ Lightly grease a 13x9 inch baking pan. Cover the bottom with half of the bread cubes and then sprinkle on half of the apples. Repeat with the remaining bread and apples.
- ☐ In a large mixing bowl combine the eggs, cream, sugar, milk and cinnamon; beat well.
- ☐ Pour this mixture evenly over the bread cubes and apples.
- ☐ Bake at 350 degrees for 35 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:203.76, Glycemic Load:269.45, Inflammation Score:-10, Nutrition Score:66.261738818625%

Flavonoids

Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg

Nutrients (% of daily need)

Calories: 2775.66kcal (138.78%), Fat: 65.89g (101.37%), Saturated Fat: 26.65g (166.57%), Carbohydrates: 482.51g (160.84%), Net Carbohydrates: 453.73g (164.99%), Sugar: 279.56g (310.63%), Cholesterol: 590.38mg (196.79%), Sodium: 2506.5mg (108.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.25g (154.5%), Manganese: 6.22mg (310.92%), Selenium: 180.93µg (258.48%), Vitamin B2: 2.5mg (147.31%), Vitamin B1: 2.1mg (139.85%),

Vitamin B3: 25.92mg (129.59%), Phosphorus: 1235mg (123.5%), Folate: 461.26µg (115.32%), Fiber: 28.78g (115.12%), Calcium: 1106.84mg (110.68%), Iron: 19.43mg (107.94%), Vitamin B5: 7.09mg (70.88%), Magnesium: 258.96mg (64.74%), Zinc: 8.04mg (53.63%), Vitamin B6: 1.07mg (53.63%), Potassium: 1727mg (49.34%), Copper: 0.91mg (45.35%), Vitamin A: 1984.44IU (39.69%), Vitamin B12: 2.29µg (38.22%), Vitamin K: 35.12µg (33.44%), Vitamin D: 3.98µg (26.55%), Vitamin E: 3.65mg (24.34%), Vitamin C: 19.97mg (24.21%)