



Bread Pudding with Leeks and Garlic

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



541 kcal

Ingredients

- ☐ 1.5 pound challah loaf cut into 3/4-inch dice
- ☐ 0.3 cup cooking wine dry white
- ☐ 4 eggs lightly beaten
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 3 large garlic cloves thinly sliced
- ☐ 2 cups heavy cream
- ☐ 3 large leeks white green sliced
- ☐ 2 cups milk
- ☐ 10 servings salt and pepper freshly ground

- ☐ 1 cup coarsely swiss cheese grated
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 1 cup turkey stock low-sodium canned
- ☐ 6 tablespoons butter unsalted melted

Equipment

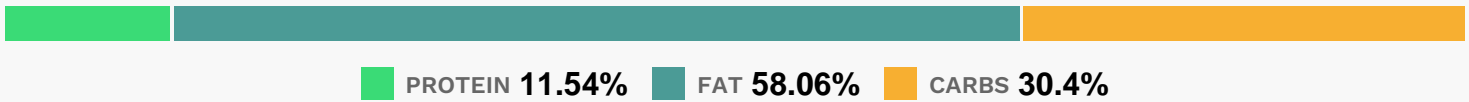
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the oven to 35
- ☐ On a rimmed baking sheet, toss the brioche with the melted butter and bake for 20 minutes, or until golden and crisp.
- ☐ Let cool.
- ☐ Melt the remaining 2 tablespoons butter in a large skillet.
- ☐ Add the leeks and garlic and season with salt and pepper. Cover and cook over moderate heat for 5 minutes, then uncover and cook, stirring, until softened, about 5 minutes longer.
- ☐ Add the wine and cook until evaporated, then remove from the heat and stir in the parsley and thyme;let cool.
- ☐ In a large bowl, whisk the eggs with the milk, cream and stock.
- ☐ Add the leek mixture and season generously with salt and pepper. Stir in the brioche and cheese.
- ☐ Transfer the mixture to a 3- to 4-quart buttered baking dish. Cover with plastic and refrigerate overnight. Bring to room temperature before baking.

- ☐
- Preheat the oven to 37
- ☐
- Toss the bread to make sure it's evenly soaked. Cover with a buttered sheet of foil and bake for 1 hour, or until just set.
- ☐
- Remove the foil and bake for 30 minutes longer, or until the top is golden and crisp.
- ☐
- Make Ahead: The bread pudding can be refrigerated overnight. Cover the baking dish with foil and reheat in a 350 oven; uncover and recrisp under a broiler.

Nutrition Facts



Properties

Glycemic Index:21.9, Glycemic Load:2.1, Inflammation Score:-9, Nutrition Score:18.956956448762%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 541.3kcal (27.06%), Fat: 34.9g (53.7%), Saturated Fat: 19.83g (123.91%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 38.97g (14.17%), Sugar: 6.17g (6.86%), Cholesterol: 187.92mg (62.64%), Sodium: 543.36mg (23.62%), Alcohol: 0.62g (100%), Alcohol %: 0.3% (100%), Protein: 15.61g (31.22%), Selenium: 31.98µg (45.68%), Vitamin K: 40.26µg (38.35%), Vitamin A: 1897.97IU (37.96%), Vitamin B2: 0.59mg (34.64%), Calcium: 284.57mg (28.46%), Phosphorus: 267.84mg (26.78%), Folate: 102.39µg (25.6%), Manganese: 0.51mg (25.26%), Vitamin B1: 0.36mg (24.2%), Vitamin B3: 3.87mg (19.35%), Iron: 3.21mg (17.84%), Vitamin B12: 0.93µg (15.47%), Vitamin D: 2.05µg (13.66%), Zinc: 1.65mg (11.01%), Vitamin B6: 0.21mg (10.42%), Magnesium: 37.57mg (9.39%), Copper: 0.19mg (9.28%), Potassium: 316.43mg (9.04%), Vitamin E: 1.34mg (8.94%), Vitamin B5: 0.87mg (8.73%), Fiber: 2.14g (8.57%), Vitamin C: 6.09mg (7.38%)