



Breakfast Bread Pudding

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



441 kcal

DESSERT

Ingredients

- ☐ 8 servings brioche loaf
- ☐ 2 extra large egg yolks
- ☐ 0.5 cup golden raisins
- ☐ 2.5 cups half-and-half
- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 servings maple syrup
- ☐ 2 teaspoons orange zest (2 oranges)

- ☐ 1.5 teaspoons vanilla extract pure
- ☐ 5 extra large eggs whole

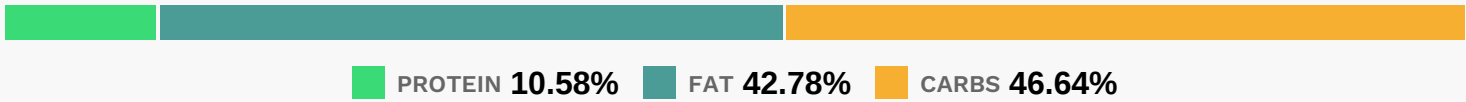
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a medium bowl, whisk together the whole eggs, egg yolks, half-and-half, honey, vanilla, orange zest, and salt. Set aside.
- ☐ Slice the brioche loaf into 6 (1-inch) thick pieces.
- ☐ Lay half brioche slices flat in a 9 by 14 by 2-inch oval baking dish.
- ☐ Spread the raisins on top of the brioche slices, and place the remaining slices on top. Make sure that the raisins are between the layers of brioche or they will burn while baking.
- ☐ Pour the egg mixture over the bread and allow to soak for 15 minutes, pressing down gently.
- ☐ Bake for 55 to 60 minutes or until the pudding puffs up and the custard is set.
- ☐ Remove from the oven and cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:18.18, Glycemic Load:14.87, Inflammation Score:-4, Nutrition Score:9.463043373564%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 440.71kcal (22.04%), Fat: 21.28g (32.73%), Saturated Fat: 11.37g (71.07%), Carbohydrates: 52.2g (17.4%), Net Carbohydrates: 51.76g (18.82%), Sugar: 32.32g (35.91%), Cholesterol: 265.12mg (88.37%), Sodium: 406.82mg (17.69%), Alcohol: 0.26g (100%), Alcohol %: 0.17% (100%), Protein: 11.84g (23.68%), Vitamin B2: 0.61mg (35.78%), Manganese: 0.51mg (25.72%), Selenium: 15.87µg (22.67%), Phosphorus: 169.83mg (16.98%), Vitamin A: 823.65IU (16.47%), Calcium: 154.74mg (15.47%), Vitamin B5: 0.91mg (9.15%), Vitamin B12: 0.54µg (9.05%), Potassium: 275.18mg (7.86%), Iron: 1.37mg (7.63%), Vitamin B6: 0.15mg (7.34%), Zinc: 1.05mg (7.02%), Folate: 25.99µg (6.5%), Vitamin D: 0.94µg (6.29%), Magnesium: 19.85mg (4.96%), Vitamin E: 0.68mg (4.57%), Vitamin B1: 0.06mg (3.95%), Copper: 0.07mg (3.73%), Vitamin C: 1.72mg (2.09%), Fiber: 0.44g (1.78%), Vitamin K: 1.44µg (1.37%), Vitamin B3: 0.25mg (1.27%)