



## Brunch Bread Pudding

 Vegetarian

READY IN



210 min.

SERVINGS



6

CALORIES



1160 kcal

DESSERT

### Ingredients

- 2 tablespoons brown sugar packed
- 1 cup cranberries
- 3 eggs
- 8 cups bread french (1-pound size)
- 0.3 cup granulated sugar
- 1 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 1.5 cups milk

- 2 tablespoons raisins
- 10 ounces raspberries frozen thawed
- 1 Dash salt

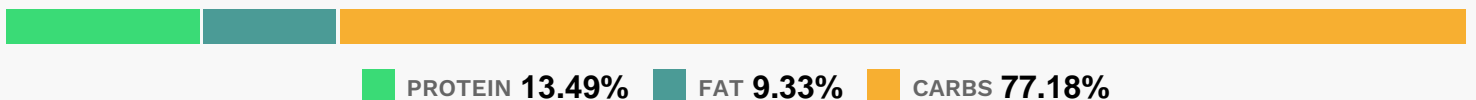
## Equipment

- bowl
- frying pan
- sauce pan
- oven

## Directions

- Grease square pan, 9x9x2 inches.
- Spread bread evenly in pan.
- Sprinkle with raisins.
- In medium bowl, beat eggs, 1/3 cup granulated sugar, the cinnamon and salt, using fork. Stir in milk; pour over bread.
- Sprinkle with brown sugar. Cover tightly and refrigerate at least 2 hours but no longer than 24 hours.
- Heat oven to 325F.
- Bake uncovered 50 to 60 minutes or until golden brown.
- Meanwhile, drain raspberries, reserving 1/2 cup juice. In 2-quart saucepan, mix juice and 1 cup granulated sugar.
- Heat to boiling; boil 5 minutes. Stir in raspberries and cranberries; reduce heat. Simmer about 3 minutes, stirring occasionally, until cranberries are tender but do not burst.
- Serve with warm bread pudding.

## Nutrition Facts



## Properties

Glycemic Index:65.58, Glycemic Load:161.72, Inflammation Score:-9, Nutrition Score:41.873043620068%

## Flavonoids

Cyanidin: 29.36mg, Cyanidin: 29.36mg, Cyanidin: 29.36mg, Cyanidin: 29.36mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 1.9mg, Delphinidin: 1.9mg, Delphinidin: 1.9mg, Delphinidin: 1.9mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.52mg, Pelargonidin: 0.52mg, Pelargonidin: 0.52mg, Pelargonidin: 0.52mg Peonidin: 8.25mg, Peonidin: 8.25mg, Peonidin: 8.25mg, Peonidin: 8.25mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

## Nutrients (% of daily need)

Calories: 1159.84kcal (57.99%), Fat: 12.18g (18.74%), Saturated Fat: 3.51g (21.95%), Carbohydrates: 226.6g (75.53%), Net Carbohydrates: 215.56g (78.38%), Sugar: 68.63g (76.25%), Cholesterol: 89.16mg (29.72%), Sodium: 1963.68mg (85.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.62g (79.25%), Vitamin B1: 2.31mg (153.69%), Selenium: 98.59µg (140.85%), Manganese: 2.08mg (104.25%), Folate: 408.63µg (102.16%), Vitamin B2: 1.57mg (92.39%), Vitamin B3: 15.65mg (78.23%), Iron: 13.28mg (73.76%), Phosphorus: 455.95mg (45.59%), Fiber: 11.04g (44.16%), Magnesium: 124.26mg (31.06%), Copper: 0.57mg (28.42%), Calcium: 271.37mg (27.14%), Zinc: 4.05mg (26.97%), Vitamin B6: 0.46mg (22.95%), Vitamin B5: 1.83mg (18.31%), Vitamin C: 14.99mg (18.17%), Potassium: 623.8mg (17.82%), Vitamin E: 1.56mg (10.39%), Vitamin B12: 0.53µg (8.75%), Vitamin D: 1.11µg (7.41%), Vitamin K: 7.03µg (6.69%), Vitamin A: 243.7IU (4.87%)