



Butternut Squash and Cheddar Bread Pudding

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



1182 kcal

Ingredients

- ☐ 10 cups crusty baguette (do not remove crust)
- ☐ 2 pounds butternut squash peeled seeded cut into 1-inch cubes (6 cups)
- ☐ 8 ounces sharp cheddar cheese extra-sharp grated
- ☐ 1.5 teaspoons kosher salt for sprinkling
- ☐ 1.5 teaspoons dijon mustard
- ☐ 6 tablespoons wine dry white
- ☐ 7 large eggs
- ☐ 2.3 cups half and half
- ☐ 1 pound kale coarsely chopped

- ☐ 3 tablespoons olive oil divided
- ☐ 1 cup shallots chopped (4 large)

Equipment

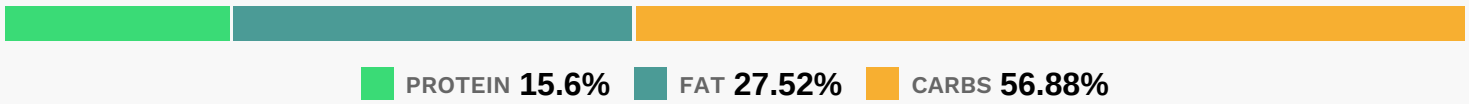
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400°F. Toss squash with 1 tablespoon oil on rimmed baking sheet.
- ☐ Sprinkle with coarse salt; bake until squash is tender, turning with spatula occasionally, 20 to 25 minutes.
- ☐ Whisk eggs in large bowl.
- ☐ Add half and half, wine, mustard, and 1 1/2 teaspoons coarse salt; whisk to blend.
- ☐ Add baguette pieces; fold gently into egg mixture.
- ☐ Let soak 30 minutes, stirring occasionally.
- ☐ Meanwhile, heat 2 tablespoons oil in large pot over medium-high heat.
- ☐ Add shallots and sauté until soft, stirring frequently, about 5 minutes.
- ☐ Add kale; cover and cook 2 minutes. Uncover and stir until kale is wilted but still bright green, about 5 minutes (kale will be a bit crunchy).
- ☐ Reduce oven temperature to 350°F.
- ☐ Generously butter 13x9x2-inch baking dish. Using slotted spoon, transfer half of bread from egg mixture to prepared baking dish, arranging to cover most of dish. Spoon half of kale over bread. Spoon half of squash over bread and kale; sprinkle with half of cheese. Repeat with remaining bread, kale, squash, and cheese.
- ☐ Pour remaining egg mixture over bread pudding.

- ☐
- Cover bread pudding with foil.
- ☐
- Bake 20minutes.
- ☐
- Remove foil; bake uncovered untilcustard is set and bread feels springy totouch, about 20 minutes longer.
- ☐
- Preheat broiler; broil pudding untilcheese browns slightly, about 2 minutes.Cool 5 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:25.97, Glycemic Load:99.11, Inflammation Score:-10, Nutrition Score:60.472173877384%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg Kaempferol: 26.54mg, Kaempferol: 26.54mg, Kaempferol: 26.54mg, Kaempferol: 26.54mg Quercetin: 12.81mg, Quercetin: 12.81mg, Quercetin: 12.81mg, Quercetin: 12.81mg

Nutrients (% of daily need)

Calories: 1181.72kcal (59.09%), Fat: 35.97g (55.34%), Saturated Fat: 14.06g (87.89%), Carbohydrates: 167.25g (55.75%), Net Carbohydrates: 155.47g (56.53%), Sugar: 22.33g (24.81%), Cholesterol: 214.92mg (71.64%), Sodium: 2601.83mg (113.12%), Alcohol: 1.16g (100%), Alcohol %: 0.22% (100%), Protein: 45.89g (91.78%), Vitamin A: 18481.55IU (369.63%), Vitamin K: 236.4µg (225.14%), Vitamin B1: 1.96mg (130.99%), Selenium: 76.26µg (108.95%), Folate: 421µg (105.25%), Manganese: 2.1mg (104.76%), Vitamin C: 79.75mg (96.67%), Vitamin B2: 1.63mg (96.12%), Calcium: 819.59mg (81.96%), Vitamin B3: 15.65mg (78.27%), Iron: 13.18mg (73.23%), Phosphorus: 651.46mg (65.15%), Fiber: 11.79g (47.16%), Magnesium: 161.66mg (40.42%), Vitamin B6: 0.8mg (40.09%), Potassium: 1243.54mg (35.53%), Zinc: 4.74mg (31.58%), Vitamin E: 4.48mg (29.85%), Copper: 0.54mg (27.2%), Vitamin B5: 2.7mg (27.01%), Vitamin B12: 0.82µg (13.65%), Vitamin D: 1.05µg (6.97%)