



Butternut Squash and Parmesan Bread Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

Ingredients

- 0.3 teaspoon pepper black
- 8 ounces bread french cubed (1-inch) (9 cups)
- 3 cups butternut squash cubed peeled ()
- 2 large egg whites
- 3 large eggs
- 1 garlic clove minced
- 0.1 teaspoon nutmeg
- 2 cups milk 1% low-fat
- 1 teaspoon olive oil

- 1 cup onion chopped
- 4 ounces parmesan fresh divided grated
- 0.5 teaspoon salt divided

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 40
- Arrange squash in a single layer on a jelly-roll pan coated with cooking spray.
- Sprinkle with 1/4 teaspoon salt.
- Bake at 400 for 12 minutes or until tender.
- Remove from oven; reduce oven temperature to 35
- Heat oil in a medium nonstick skillet over medium-high heat.
- Add onion; saut 5 minutes or until tender.
- Add garlic, and saut 1 minute.
- Remove from heat; cool slightly.
- Combine remaining 1/4 teaspoon salt, milk, 1/2 cup cheese, pepper, nutmeg, eggs, and egg whites in a large bowl, stirring with a whisk. Stir in squash and onion mixture.
- Add bread, and stir gently to combine.
- Let stand 10 minutes. Spoon into a 2-quart baking dish coated with cooking spray.
- Sprinkle with remaining 1/2 cup cheese.
- Bake at 350 for 45 minutes or until pudding is set and lightly browned.

Nutrition Facts



■ PROTEIN 24.77% ■ FAT 28.7% ■ CARBS 46.53%

Properties

Glycemic Index:44.42, Glycemic Load:15.9, Inflammation Score:-10, Nutrition Score:21.137825965881%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 301.43kcal (15.07%), Fat: 9.72g (14.96%), Saturated Fat: 4.66g (29.13%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 32.76g (11.91%), Sugar: 8.66g (9.62%), Cholesterol: 109.79mg (36.6%), Sodium: 812.54mg (35.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.77%), Vitamin A: 7878.87IU (157.58%), Calcium: 398.53mg (39.85%), Selenium: 27.15µg (38.79%), Phosphorus: 334.85mg (33.48%), Vitamin B2: 0.52mg (30.51%), Vitamin B1: 0.41mg (27.64%), Folate: 85.61µg (21.4%), Manganese: 0.41mg (20.45%), Vitamin C: 16.83mg (20.4%), Vitamin B12: 0.94µg (15.65%), Magnesium: 60.88mg (15.22%), Potassium: 527.76mg (15.08%), Vitamin B6: 0.29mg (14.71%), Iron: 2.65mg (14.71%), Vitamin B3: 2.87mg (14.34%), Vitamin B5: 1.22mg (12.17%), Zinc: 1.74mg (11.57%), Fiber: 2.73g (10.9%), Vitamin E: 1.51mg (10.07%), Vitamin D: 1.46µg (9.73%), Copper: 0.15mg (7.44%), Vitamin K: 2.16µg (2.06%)