



Buttery Crab Bread Pudding

READY IN



75 min.

SERVINGS



8

CALORIES



306 kcal

Ingredients

- ☐ 1 day-old baguette ends trimmed cut into 3/4-inch slices
- ☐ 1 pinch cayenne pepper
- ☐ 1 tablespoon chives finely chopped
- ☐ 4 large eggs
- ☐ 1 cup half-and-half
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 10 ounces lump crab meat picked over
- ☐ 1 cup milk
- ☐ 1 tablespoon parsley finely chopped

☐ 1 stick butter unsalted softened plus more for greasing the dish

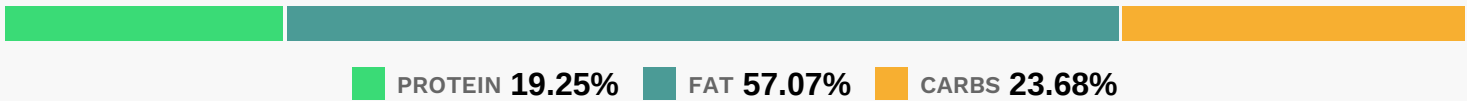
Equipment

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

Directions

- ☐ Preheat the oven to 350 and butter a 9-by-13-inch ceramic baking dish. In a medium bowl, toss the crabmeat with the parsley, chives, lemon juice and cayenne. Season with salt and black pepper.
- ☐ Butter each baguette slice and stand up the slices in the prepared baking dish. Using a spoon, tuck the crab mixture evenly between the slices of bread.
- ☐ In a bowl, whisk the eggs with the milk, half-and-half, 1 teaspoon of salt and 1/2 teaspoon of black pepper.
- ☐ Pour the custard evenly over the bread and let stand for 10 minutes.
- ☐ Bake the bread pudding for 30 minutes, until the top is lightly browned and the custard is set.
- ☐ Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.34, Glycemic Load:10.86, Inflammation Score:-6, Nutrition Score:14.452608844508%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin:

0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 306.27kcal (15.31%), Fat: 19.37g (29.79%), Saturated Fat: 10.94g (68.35%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 17.4g (6.33%), Sugar: 4.33g (4.81%), Cholesterol: 152.5mg (50.83%), Sodium: 750.57mg (32.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.39%), Vitamin B12: 3.66µg (60.97%), Selenium: 27.64µg (39.49%), Phosphorus: 220.37mg (22.04%), Vitamin B2: 0.34mg (19.8%), Zinc: 2.94mg (19.62%), Copper: 0.39mg (19.48%), Folate: 63.53µg (15.88%), Vitamin B1: 0.23mg (15.67%), Vitamin A: 716.7IU (14.33%), Calcium: 137.63mg (13.76%), Vitamin K: 11.49µg (10.95%), Iron: 1.78mg (9.91%), Vitamin B3: 1.91mg (9.55%), Magnesium: 35.96mg (8.99%), Manganese: 0.17mg (8.48%), Vitamin B5: 0.85mg (8.47%), Vitamin B6: 0.16mg (8.21%), Vitamin D: 1.05µg (6.98%), Potassium: 240.07mg (6.86%), Vitamin E: 0.78mg (5.21%), Vitamin C: 4.13mg (5%), Fiber: 0.69g (2.76%)