



Cakespy: Leftover Eggnog Gingerbread Pudding

 Gluten Free  Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



552 kcal

Ingredients

- ☐ 3 tablespoons butter cold for buttering dish ()
- ☐ 2 cups eggnog
- ☐ 2 eggs beaten
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 3 cups betty limited edition gingerbread cookie mix leftover cubed soft

Equipment

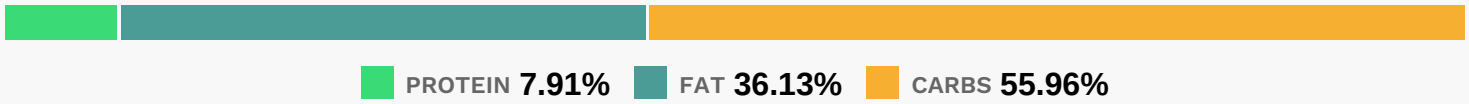
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ peeler

Directions

- ☐ Butter an 8x8-inch baking dish or pie plate.
- ☐ Cube your carbohydrate of choice.
- ☐ Place in the buttered baking dish or pie plate.
- ☐ In a small bowl, whisk the two eggs.
- ☐ Mix with your eggnog or cream.
- ☐ Whisk with vanilla. Gently pour over the cubed carbs.
- ☐ Let this soak while you let your oven preheat to 350 degrees.
- ☐ Using a vegetable peeler, peel the cold butter directly onto the top of your casserole before baking so that the butter will melt on while it bakes. No, this is not strictly necessary, but so delicious.
- ☐ Bake for 30–35 minutes, or until golden and slightly crispy on top.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:3.75, Inflammation Score:-8, Nutrition Score:32.634348060774%

Nutrients (% of daily need)

Calories: 552.16kcal (27.61%), Fat: 25.52g (39.27%), Saturated Fat: 13.97g (87.34%), Carbohydrates: 88.96g (29.65%), Net Carbohydrates: 71.46g (25.98%), Sugar: 16.14g (17.93%), Cholesterol: 119.56mg (39.85%), Sodium: 366.92mg (15.95%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 12.57g (25.15%), Manganese: 18.75mg (937.64%), Iron: 23.75mg (131.92%), Calcium: 926.92mg (92.69%), Fiber: 17.51g (70.03%), Magnesium: 178.95mg (44.74%), Vitamin C: 28.95mg (35.09%), Vitamin K: 34.38µg (32.75%), Copper: 0.59mg (29.74%), Selenium: 19.13µg (27.33%), Potassium: 946.94mg (27.06%), Vitamin B6: 0.54mg (27.04%), Phosphorus: 262.63mg (26.26%), Vitamin B2: 0.39mg (23.12%), Zinc: 3.39mg (22.6%), Vitamin E: 2.78mg (18.52%), Vitamin A: 737.29IU (14.75%), Vitamin B3:

2.76mg (13.8%), Vitamin B1: 0.19mg (12.67%), Folate: 36.34µg (9.09%), Vitamin D: 1.31µg (8.73%), Vitamin B12: 0.52µg (8.72%), Vitamin B5: 0.59mg (5.86%)