



Camembert and Ham Bread Pudding

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

499 kcal

Ingredients

- ☐ 1 baguette cut into 1/2-inch dice 8 cups
- ☐ 8 ounces camembert cheese with rind
- ☐ 1 cup cooking wine dry white
- ☐ 4 large eggs
- ☐ 2 cups fennel bulb cored halved thinly sliced
- ☐ 1 apples i use 2 granny smith apples cored peeled cut into 1/2-inch cubes 2 cups
- ☐ 3 cups half-and-half
- ☐ 8 ounce virginia ham cut into 1/2-inch cubes 2 cups
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 8 servings salad green for serving, optional

- ☐ 1 cup shallots thinly sliced
- ☐ 2 large thyme sprigs fresh
- ☐ 3 tablespoons butter unsalted plus more for the ramekins

Equipment

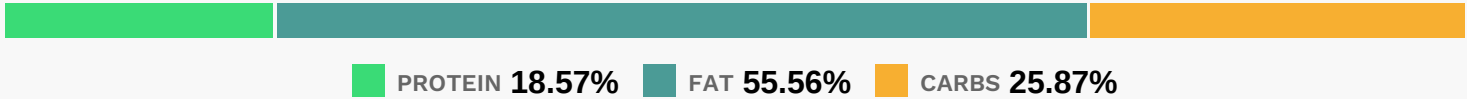
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F with 1 rack set on the middle shelf and 1 rack set on the bottom shelf. Fill a large baking dish halfway with warm water and place on the bottom rack.
- ☐ Butter eight 8-ounce ramekins and place on a baking sheet. Slice the cheese into 1/2-inch cubes and lay on a plate to keep them from sticking together.
- ☐ Whisk the heavy cream and eggs together in a large bowl.
- ☐ Add 1 teaspoon salt and a pinch of pepper.
- ☐ Add the baguette cubes and ham. Stir to combine.
- ☐ Melt the butter in a large saute pan over medium-high heat.
- ☐ Add the shallots, fennel and thyme, season with salt and pepper and cook until slightly softened and browned around the edges, 4 to 6 minutes.
- ☐ Add the apples, season with salt and pepper and cook until slightly softened and browned around the edges, 3 to 5 minutes. Stir in the wine and cook until the wine has completely absorbed, 3 to 4 minutes. Discard the thyme sprigs.
- ☐ Add the apple mixture along with the cheese cubes to the beaten eggs, and stir to combine.
- ☐ Evenly divide the bread pudding among the ramekins.

- ☐
- Bake until a paring knife inserted into the center of a bread pudding comes out clean and hot, 18 to 25 minutes, rotating the pan halfway through. Allow the bread puddings to cool for at least 5 minutes before serving.
- ☐
- Garnish each ramekin with a fennel frond and serve alongside a lightly dressed green salad.

Nutrition Facts



Properties

Glycemic Index:37.22, Glycemic Load:12.94, Inflammation Score:-8, Nutrition Score:19.50478240718%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 498.52kcal (24.93%), Fat: 29.72g (45.72%), Saturated Fat: 16.1g (100.62%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 28.25g (10.27%), Sugar: 11.28g (12.53%), Cholesterol: 174.04mg (58.01%), Sodium: 886.8mg (38.56%), Alcohol: 3.09g (100%), Alcohol %: 1.11% (100%), Protein: 22.34g (44.68%), Selenium: 27.25µg (38.94%), Phosphorus: 378.25mg (37.82%), Vitamin B2: 0.64mg (37.53%), Vitamin B1: 0.44mg (29.01%), Calcium: 289.48mg (28.95%), Vitamin A: 1329.36IU (26.59%), Folate: 98.33µg (24.58%), Vitamin B6: 0.46mg (23.12%), Manganese: 0.41mg (20.73%), Vitamin C: 16.52mg (20.02%), Potassium: 634.51mg (18.13%), Vitamin B3: 3.46mg (17.3%), Zinc: 2.56mg (17.05%), Vitamin K: 17.81µg (16.96%), Vitamin B12: 0.95µg (15.9%), Iron: 2.83mg (15.72%), Vitamin B5: 1.5mg (15%), Magnesium: 50.38mg (12.59%), Fiber: 2.88g (11.53%), Copper: 0.16mg (8.24%), Vitamin E: 1.04mg (6.96%), Vitamin D: 0.89µg (5.94%)