



Capirotada (Mexican Bread Pudding)

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



593 kcal

Ingredients

- ☐ 2 tablespoons butter cut into small pieces
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1.3 cups brown sugar dark packed
- ☐ 4.5 cups bread french cubed () (8 ounces)
- ☐ 0.3 cup golden raisins
- ☐ 3 ounces monterrey jack cheese shredded
- ☐ 0.3 cup slivered almonds toasted
- ☐ 1.3 cups water

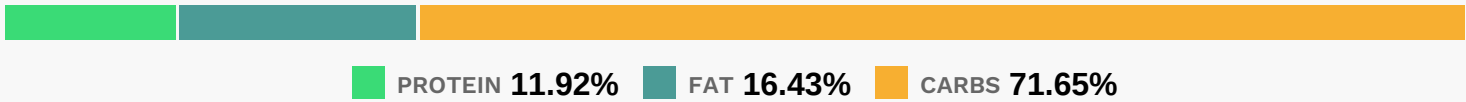
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Combine first 3 ingredients in a medium saucepan; bring to a boil. Reduce heat; simmer 10 minutes. Discard cinnamon sticks.
- ☐ Combine bread, raisins, almonds, and butter in a large bowl.
- ☐ Drizzle with warm sugar syrup, tossing gently to coat. Spoon mixture into an 8-inch square baking dish coated with cooking spray. Top with cheese. Cover with foil; chill 30 minutes or up to 4 hours.
- ☐ Preheat oven to 35
- ☐ Bake at 350 for 20 minutes. Uncover and bake an additional 15 minutes or until cheese is golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.65, Glycemic Load:55.25, Inflammation Score:-6, Nutrition Score:19.673043666974%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 592.74kcal (29.64%), Fat: 11g (16.92%), Saturated Fat: 4.67g (29.2%), Carbohydrates: 107.9g (35.97%), Net Carbohydrates: 103.91g (37.78%), Sugar: 42.4g (47.11%), Cholesterol: 16.99mg (5.66%), Sodium: 899.58mg (39.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.95g (35.9%), Vitamin B1: 0.95mg (63.61%), Selenium: 40.25µg (57.5%), Manganese: 0.96mg (48.22%), Folate: 167.73µg (41.93%), Vitamin B2: 0.66mg (38.73%), Vitamin B3: 6.65mg (33.25%), Iron: 5.8mg (32.24%), Phosphorus: 211.16mg (21.12%), Calcium: 199.24mg (19.92%), Fiber: 4g (15.98%), Magnesium: 60.21mg (15.05%), Copper: 0.28mg (14.1%), Zinc: 1.86mg (12.37%), Vitamin B6: 0.19mg (9.28%), Vitamin E: 1.28mg (8.52%), Potassium: 273.19mg (7.81%), Vitamin B5: 0.54mg (5.41%), Vitamin A: 171.83IU (3.44%), Vitamin K: 1.87µg (1.78%), Vitamin B12: 0.09µg (1.57%)