



Caramel-Apple Bread Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



532 kcal

DESSERT

Ingredients

- 1 cup apple sauce unsweetened
- 0.5 cup brown sugar packed
- 1 cup skim milk
- 0.5 cup eggs fat-free
- 1 teaspoon vanilla
- 0.5 teaspoon ground cinnamon
- 5 cups bread french
- 0.5 cup mrs richardson's butterscotch caramel sauce fat-free warmed

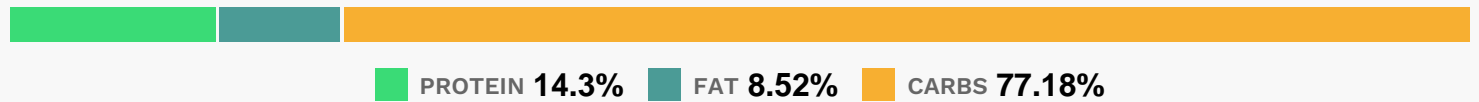
Equipment

- bowl
- oven
- whisk

Directions

- Heat oven to 350°. Spray quiche dish, 9x1 1/2 inches, or pie plate, 9x1 1/4 inches, with cooking spray.
- Mix all ingredients except bread and caramel topping in large bowl with wire whisk until smooth. Fold in bread.
- Pour into quiche dish.
- Bake 40 to 45 minutes or until golden brown and set.
- Cut into wedges.
- Drizzle caramel topping over each serving.

Nutrition Facts



Properties

Glycemic Index:14.84, Glycemic Load:59.66, Inflammation Score:-6, Nutrition Score:20.963043595138%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 531.65kcal (26.58%), Fat: 5.08g (7.81%), Saturated Fat: 1.28g (7.97%), Carbohydrates: 103.5g (34.5%), Net Carbohydrates: 99.85g (36.31%), Sugar: 32.75g (36.39%), Cholesterol: 57.42mg (19.14%), Sodium: 976.97mg (42.48%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 19.18g (38.36%), Vitamin B1: 1.08mg (72.07%), Selenium: 48.01µg (68.58%), Folate: 190.97µg (47.74%), Vitamin B2: 0.75mg (44.15%), Manganese: 0.83mg (41.32%), Vitamin B3: 7.22mg (36.1%), Iron: 6.23mg (34.59%), Phosphorus: 225.79mg (22.58%), Calcium: 146.68mg (14.67%), Fiber: 3.65g (14.62%), Magnesium: 55.81mg (13.95%), Copper: 0.25mg (12.59%), Zinc: 1.89mg (12.58%), Vitamin B6:

0.22mg (10.8%), Vitamin B5: 0.89mg (8.9%), Potassium: 296.57mg (8.47%), Vitamin B12: 0.34µg (5.64%), Vitamin D: 0.64µg (4.27%), Vitamin E: 0.53mg (3.53%), Vitamin A: 166.41IU (3.33%), Vitamin K: 1.27µg (1.21%)