



Caramel Bread Pudding

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



3801 kcal

Ingredients

- 3 Tbsp planters almonds sliced
- 25 caramel apple caramels kraft ()
- 6 slices day-old bread white firm cut into 3/4-inch cubes (6 cups)
- 3 eggs
- 0.5 tsp ground cinnamon
- 2.5 cups milk
- 0.5 cup raisins seedless
- 0.5 cup cool whip whipped topping thawed

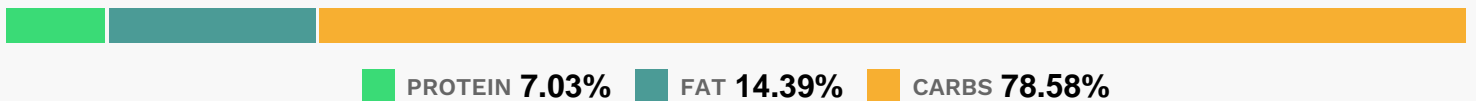
Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- baking pan
- casserole dish

Directions

- Preheat oven to 350F.
- Place milk, caramels and cinnamon in medium saucepan; cook on medium heat until caramels are completely melted and mixture is well blended, stirring frequently.
- Remove from heat; set aside. Beat eggs in medium bowl with wire whisk until foamy. Gradually add caramel mixture, beating until well blended.
- Toss bread cubes with raisins in greased 2-qt. casserole dish.
- Add caramel mixture; stir gently until bread cubes are evenly coated.
- Place casserole dish in larger baking pan filled with 1-1/2 inches hot water.
- Bake 40 to 45 min. or until knife inserted in center comes out clean.
- Serve warm topped with the whipped topping and almonds.

Nutrition Facts



Properties

Glycemic Index:218.58, Glycemic Load:260.26, Inflammation Score:-10, Nutrition Score:87.479564998461%

Flavonoids

Cyanidin: 72.17mg, Cyanidin: 72.17mg, Cyanidin: 72.17mg, Cyanidin: 72.17mg Peonidin: 0.91mg, Peonidin: 0.91mg, Peonidin: 0.91mg, Peonidin: 0.91mg Catechin: 59.53mg, Catechin: 59.53mg, Catechin: 59.53mg, Catechin: 59.53mg Epigallocatechin: 12.61mg, Epigallocatechin: 12.61mg, Epigallocatechin: 12.61mg, Epigallocatechin: 12.61mg Epicatechin: 342.8mg, Epicatechin: 342.8mg, Epicatechin: 342.8mg, Epicatechin: 342.8mg Epicatechin 3-gallate:

0.46mg, Epicatechin 3-gallate: 0.46mg, Epicatechin 3-gallate: 0.46mg, Epicatechin 3-gallate: 0.46mg
Epigallocatechin 3-gallate: 8.65mg, Epigallocatechin 3-gallate: 8.65mg, Epigallocatechin 3-gallate: 8.65mg,
Epigallocatechin 3-gallate: 8.65mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol:
0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 5.46mg, Luteolin:
5.46mg, Luteolin: 5.46mg, Luteolin: 5.46mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg,
Isorhamnetin: 0.79mg Kaempferol: 6.49mg, Kaempferol: 6.49mg, Kaempferol: 6.49mg, Kaempferol: 6.49mg
Quercetin: 182.56mg, Quercetin: 182.56mg, Quercetin: 182.56mg, Quercetin: 182.56mg

Nutrients (% of daily need)

Calories: 3801.27kcal (190.06%), Fat: 65.48g (100.74%), Saturated Fat: 23.49g (146.84%), Carbohydrates: 804.41g
(268.14%), Net Carbohydrates: 682.39g (248.14%), Sugar: 521.22g (579.14%), Cholesterol: 564.99mg (188.33%),
Sodium: 1227.97mg (53.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.98g (143.96%), Fiber: 122.02g
(488.08%), Vitamin C: 213.26mg (258.5%), Vitamin B2: 3.5mg (205.66%), Potassium: 7002.66mg (200.08%),
Manganese: 3.65mg (182.4%), Phosphorus: 1774.72mg (177.47%), Calcium: 1554.37mg (155.44%), Vitamin B6:
2.79mg (139.35%), Vitamin B1: 2.08mg (138.59%), Selenium: 89.52µg (127.88%), Vitamin E: 18.11mg (120.72%),
Magnesium: 463.2mg (115.8%), Copper: 2.05mg (102.59%), Vitamin K: 104.23µg (99.27%), Folate: 381.62µg (95.4%),
Iron: 15.95mg (88.59%), Vitamin A: 4191.39IU (83.83%), Vitamin B5: 8.06mg (80.56%), Vitamin B12: 4.54µg (75.73%),
Vitamin B3: 13.97mg (69.84%), Vitamin D: 9.35µg (62.33%), Zinc: 8.47mg (56.48%)