



Caramelized Onion Bread Pudding

READY IN



45 min.

SERVINGS



16

CALORIES



344 kcal

Ingredients

- ☐ 1 pound country bread cut into 1½ cubes
- ☐ 0.5 cup butter
- ☐ 10 large eggs lightly beaten
- ☐ 0.3 cup rosemary fresh chopped
- ☐ 2 quarts half-and-half
- ☐ 4 large onions sliced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 tablespoon salt

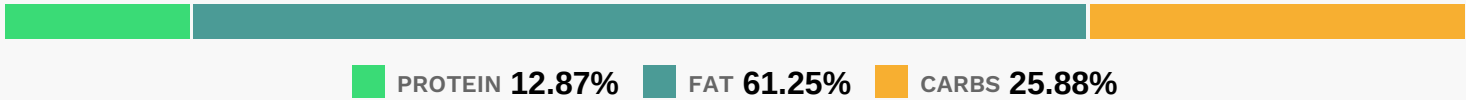
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Place bread cubes in a large roasting pan.
- ☐ Bake at 250 for 30 minutes, tossing occasionally. Turn oven off, and let bread stand in oven 1 to 1 1/2 hours or until dried. (Cover roasting pan with foil and leave bread in oven overnight, if desired.)
- ☐ Melt butter in a large skillet over high heat.
- ☐ Add onion, and cook 15 minutes, stirring occasionally. Reduce heat to medium, and cook, stirring often, 15 to 20 minutes or until onion is caramelized.
- ☐ Remove from heat. Refrigerate overnight, if desired.
- ☐ Toss bread and caramelized onion together in pan.
- ☐ Whisk together eggs, half-and-half, rosemary, salt, and pepper in a large bowl; pour over bread and onion in pan, and stir gently.
- ☐ Let stand at room temperature at least 1 hour, stirring occasionally to coat bread.
- ☐ Bake, uncovered, at 375 for 1 to 1 1/4 hours or until firm and lightly browned.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7.35, Glycemic Load:8.02, Inflammation Score:-6, Nutrition Score:11.496521721716%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 344.04kcal (17.2%), Fat: 23.63g (36.36%), Saturated Fat: 10.7g (66.91%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 20.62g (7.5%), Sugar: 8.22g (9.13%), Cholesterol: 157.65mg (52.55%), Sodium: 755.17mg (32.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Selenium: 21.74µg (31.05%), Vitamin B2: 0.46mg (26.9%), Phosphorus: 223.71mg (22.37%), Manganese: 0.41mg (20.47%), Calcium: 192.15mg (19.21%), Vitamin A: 855.25IU (17.1%), Folate: 50µg (12.5%), Vitamin B1: 0.18mg (12.18%), Vitamin B5: 1.11mg (11.1%), Iron: 1.74mg (9.68%), Vitamin B6: 0.19mg (9.55%), Vitamin B3: 1.79mg (8.93%), Potassium: 300.71mg (8.59%), Vitamin B12: 0.51µg (8.5%), Zinc: 1.23mg (8.19%), Magnesium: 31.67mg (7.92%), Fiber: 1.85g (7.39%), Vitamin E: 0.91mg (6.04%), Vitamin C: 4mg (4.85%), Copper: 0.09mg (4.61%), Vitamin D: 0.63µg (4.17%), Vitamin K: 3.27µg (3.12%)