



Caramelized Onion, Saga, and Sage Bread Pudding

 Very Healthy

READY IN



90 min.

SERVINGS



8

CALORIES



758 kcal

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 ounce saga cheese blue crumbled
- 1 cup egg substitute
- 1.5 cups milk fat-free
- 8 cups bread french cubed () (14 ounces)
- 1 tablespoon sage fresh chopped
- 1 teaspoon olive oil
- 1.3 pounds onion thinly sliced

0.5 teaspoon salt

Equipment

food processor

bowl

frying pan

oven

blender

baking pan

Directions

Preheat oven to 35

Combine milk and cheese in a blender or food processor; process until smooth.

Pour into a large bowl. Stir in egg substitute and next 3 ingredients.

Add bread cubes; toss gently to coat.

Let stand 30 minutes.

. While bread mixture stands, heat oil in a large nonstick skillet over medium heat.

Add onion; saut 25 minutes or until soft and lightly browned. Stir into bread mixture.

. Spoon bread mixture into an 11 x 7-inch baking dish coated with cooking spray.

Bake at 350 for 42 minutes or until set.

Let stand for 5 minutes before serving.

Nutrition Facts



PROTEIN 17.86% FAT 12.35% CARBS 69.79%

Properties

Glycemic Index:24.97, Glycemic Load:96.96, Inflammation Score:-9, Nutrition Score:38.053478562314%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.39mg, Quercetin: 14.39mg, Quercetin: 14.39mg

Nutrients (% of daily need)

Calories: 757.59kcal (37.88%), Fat: 10.44g (16.06%), Saturated Fat: 4.05g (25.28%), Carbohydrates: 132.75g (44.25%), Net Carbohydrates: 126.27g (45.92%), Sugar: 16.93g (18.81%), Cholesterol: 12.01mg (4%), Sodium: 1814.04mg (78.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.98g (67.96%), Copper: 2.67mg (133.74%), Selenium: 83.39µg (119.12%), Vitamin B1: 1.78mg (118.7%), Folate: 315.3µg (78.83%), Vitamin B2: 1.26mg (74.15%), Manganese: 1.42mg (70.93%), Vitamin B3: 11.73mg (58.64%), Iron: 10.13mg (56.29%), Phosphorus: 394.96mg (39.5%), Calcium: 302mg (30.2%), Fiber: 6.48g (25.92%), Magnesium: 97.45mg (24.36%), Zinc: 3.47mg (23.16%), Vitamin B6: 0.43mg (21.42%), Vitamin B5: 1.79mg (17.85%), Potassium: 561.25mg (16.04%), Vitamin B12: 0.54µg (9.02%), Vitamin E: 1.1mg (7.31%), Vitamin D: 1.06µg (7.04%), Vitamin C: 5.39mg (6.54%), Vitamin A: 271.13IU (5.42%), Vitamin K: 2.74µg (2.61%)