



Cheddar-and-Tomato Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

Ingredients

- 4 ounces crusty baguette sliced ()
- 0.3 teaspoon pepper black
- 1 cup cherry tomatoes halved
- 4 eggs
- 0.3 teaspoon kosher salt
- 1.5 cups milk 2%
- 1 small onion chopped
- 0.8 cup cheddar cheese shredded extra-sharp packed
- 1 tablespoon butter unsalted

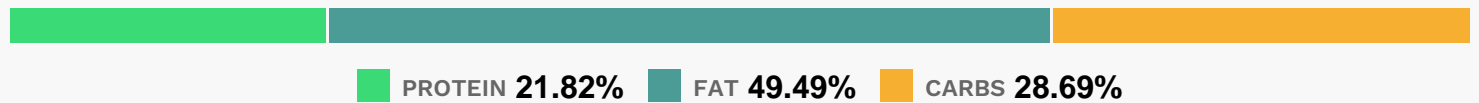
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Arrange oven rack in center of oven. Preheat oven to 350F. In a medium skillet, melt butter over medium heat.
- Add onion and cook, stirring occasionally, until softened, about 5 minutes.
- Transfer to a bowl and set aside.
- Lightly grease a shallow, 1 1/2-quart baking dish.
- Layer bread, cheese and tomatoes in dish.
- Add eggs, milk, salt and pepper to reserved onions and beat well.
- Drizzle over bread.
- Bake bread pudding until top is puffed and nicely golden, about 50 minutes.
- Let pudding cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:39.44, Glycemic Load:9.87, Inflammation Score:-6, Nutrition Score:14.278695562611%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 306.15kcal (15.31%), Fat: 16.82g (25.87%), Saturated Fat: 8.52g (53.28%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 20.74g (7.54%), Sugar: 7.71g (8.57%), Cholesterol: 199.47mg (66.49%), Sodium: 568.39mg (24.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.36%), Selenium: 26.91µg (38.44%), Vitamin B2: 0.56mg (33.15%), Calcium: 320.01mg (32%), Phosphorus: 309.05mg (30.91%), Vitamin B12: 1.09µg (18.19%), Folate: 68.18µg (17.05%), Vitamin B1: 0.25mg (16.33%), Vitamin A: 810.82IU (16.22%), Zinc: 2.08mg (13.87%), Vitamin B5: 1.26mg (12.59%), Vitamin C: 9.97mg (12.08%), Manganese: 0.24mg (11.83%), Iron: 2.1mg (11.69%), Vitamin B6: 0.2mg (10.17%), Potassium: 345.37mg (9.87%), Magnesium: 33.5mg (8.37%), Vitamin B3: 1.63mg (8.17%), Vitamin D: 1.06µg (7.06%), Vitamin E: 1.02mg (6.83%), Copper: 0.12mg (5.77%), Fiber: 1.19g (4.74%), Vitamin K: 3.23µg (3.08%)