



 **14%**
HEALTH SCORE

Cheddar Gorgeous! Cheese and Onion Bread and Butter Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



684 kcal

Ingredients

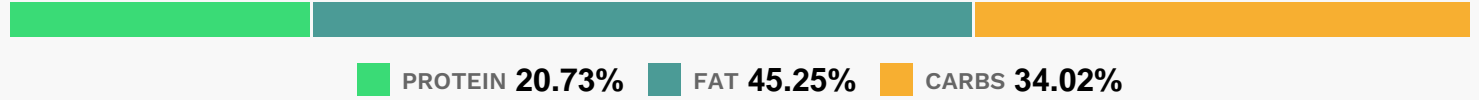
- 4 servings butter softened
- 8 ounces cheddar cheese grated
- 3 eggs lightly beaten
- 1 tablespoon herbs: rosemary mixed dried fresh chopped to taste
- 1 pint milk
- 1 teaspoon dijon mustard english
- 1 onion peeled finely sliced
- 4 servings salt and pepper

8 slices bread white thick ()

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Equipment

Nutrition Facts



Properties

Glycemic Index:78.35, Glycemic Load:32.01, Inflammation Score:-8, Nutrition Score:32.48347826087%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 683.63kcal (34.18%), Fat: 34.42g (52.95%), Saturated Fat: 17.53g (109.57%), Carbohydrates: 58.21g (19.4%), Net Carbohydrates: 50.99g (18.54%), Sugar: 12.28g (13.64%), Cholesterol: 204.4mg (68.13%), Sodium: 1300.47mg (56.54%), Protein: 35.48g (70.97%), Manganese: 2.45mg (122.42%), Selenium: 57.51µg (82.16%), Calcium: 756.43mg (75.64%), Phosphorus: 691.69mg (69.17%), Vitamin B2: 0.76mg (44.71%), Vitamin B1: 0.55mg (36.5%), Zinc: 5.03mg (33.5%), Magnesium: 123.06mg (30.76%), Fiber: 7.22g (28.88%), Vitamin K: 27.41µg (26.11%), Vitamin B3: 5.19mg (25.94%), Vitamin B12: 1.54µg (25.7%), Vitamin A: 1151.06IU (23.02%), Vitamin B6: 0.44mg (22.17%), Folate: 81.35µg (20.34%), Iron: 3.66mg (20.32%), Vitamin B5: 1.99mg (19.93%), Potassium: 593.57mg (16.96%), Copper: 0.31mg (15.46%), Vitamin D: 2.3µg (15.34%), Vitamin E: 1.56mg (10.43%), Vitamin C: 3.37mg (4.08%)