



Cider Donut Bread Pudding

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



173 kcal

DESSERT

Ingredients

- 1 large apples cored peeled chopped
- 6 cider doughnuts stale
- 2 eggs lightly beaten
- 0.8 teaspoon ground cinnamon
- 1.5 cups half-and-half
- 2 tablespoons maple syrup to taste
- 1 teaspoon vanilla extract
- 0.3 cup sugar white

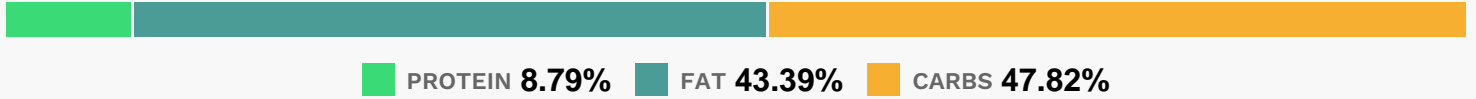
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter an 8x8-inch baking dish.
- Mix doughnuts and apple together in the prepared baking dish.
- Whisk half-and-half, sugar, eggs, vanilla, and cinnamon together in a bowl.
- Pour half-and-half mixture over donuts and apples in the baking dish.
- Let sit until liquid is absorbed, stirring occasionally, about 15 minutes.
- Bake in the preheated oven until golden, about 30 minutes. Cool and drizzle with maple syrup.

Nutrition Facts



Properties

Glycemic Index:23.93, Glycemic Load:8.82, Inflammation Score:-2, Nutrition Score:4.55478262383%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 172.59kcal (8.63%), Fat: 8.45g (12.99%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 19.92g (7.24%), Sugar: 18.85g (20.94%), Cholesterol: 75.74mg (25.25%), Sodium: 58.91mg (2.56%), Alcohol: 0.28g (100%), Alcohol %: 0.27% (100%), Protein: 3.85g (7.7%), Vitamin B2: 0.28mg (16.53%), Manganese: 0.22mg (10.83%), Selenium: 6.5µg (9.28%), Phosphorus: 90.8mg (9.08%), Calcium: 85.11mg (8.51%), Vitamin A: 314.18IU (6.28%), Potassium: 157.1mg (4.49%), Vitamin B5: 0.42mg (4.23%), Fiber: 1.02g (4.1%), Vitamin B12: 0.25µg (4.09%), Vitamin B6: 0.07mg (3.55%), Zinc: 0.49mg (3.29%), Magnesium: 11.3mg (2.82%), Vitamin C: 2.26mg (2.74%), Vitamin E: 0.38mg (2.52%), Folate: 9.84µg (2.46%), Vitamin B1: 0.03mg (2.32%), Iron: 0.36mg (2.03%), Vitamin D: 0.29µg (1.96%), Vitamin K: 1.73µg (1.64%), Copper: 0.03mg (1.4%)