



Classic Bread Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



311 kcal

DESSERT

Ingredients

- 1 lb top french firm ()
- 3 large eggs
- 0.3 teaspoon ground nutmeg
- 2 cups half-and-half
- 0.5 cup sugar
- 1.5 teaspoons vanilla

Equipment

- bowl

- frying pan
- oven
- whisk

Directions

- Trim crusts off bread.
- Cut loaf crosswise into 3/4-inch-thick slices. Arrange 8 to 10 slices diagonally in a buttered 8-inch square pan, overlapping to fit. If needed, lean the slices over so they don't extend above sides of pan. If bread is too wide, trim it.
- In a bowl, whisk eggs, half-and-half, sugar, vanilla, and nutmeg until well blended. Slowly pour liquid over bread.
- Let stand until bread feels soft all over and most of the liquid is absorbed, 30 to 40 minutes; occasionally tip pan and spoon liquid over the top.
- Bake in a 350 oven until custard no longer flows in center when pan is gently tilted, about 30 minutes.
- If pudding is pale, broil 3 to 4 inches from heat until golden and crusty, 3 to 4 minutes.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:27.57, Glycemic Load:31.42, Inflammation Score:-4, Nutrition Score:10.404782567335%

Nutrients (% of daily need)

Calories: 310.9kcal (15.55%), Fat: 10.18g (15.66%), Saturated Fat: 5.16g (32.23%), Carbohydrates: 44.74g (14.91%), Net Carbohydrates: 43.48g (15.81%), Sugar: 17.78g (19.75%), Cholesterol: 90.93mg (30.31%), Sodium: 405.06mg (17.61%), Alcohol: 0.26g (100%), Alcohol %: 0.22% (100%), Protein: 10.38g (20.77%), Selenium: 23.98µg (34.26%), Vitamin B1: 0.43mg (28.57%), Vitamin B2: 0.45mg (26.37%), Folate: 80.41µg (20.1%), Phosphorus: 154.31mg (15.43%), Manganese: 0.31mg (15.35%), Iron: 2.58mg (14.36%), Vitamin B3: 2.82mg (14.08%), Calcium: 105.04mg (10.5%), Zinc: 1.07mg (7.14%), Magnesium: 26.65mg (6.66%), Vitamin B5: 0.65mg (6.52%), Vitamin A: 315.48IU (6.31%), Vitamin B6: 0.12mg (6.15%), Copper: 0.11mg (5.36%), Fiber: 1.26g (5.04%), Potassium: 173.65mg (4.96%), Vitamin B12: 0.28µg (4.7%), Vitamin E: 0.47mg (3.11%), Vitamin D: 0.38µg (2.5%), Vitamin K: 1.24µg (1.18%)