



Coconut-Orange Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



625 kcal

DESSERT

Ingredients

- 8 ounces portuguese bread sweet (a loaf or dinner rolls; see notes)
- 14 oz coconut milk canned
- 10 large eggs
- 0.3 teaspoon ground nutmeg
- 8 oz cream cheese light at room temperature (cream)
- 1.8 cups maple syrup
- 1 cup orange juice
- 2 teaspoons orange peel grated

- 0.3 cup roasted salted chopped
- 0.8 cup coconut or dried shredded sweetened flaked

Equipment

- food processor
- bowl
- oven
- knife
- whisk
- blender
- microwave

Directions

- Tear the bread into 1/2-inch chunks. In a food processor, whirl the chunks into coarse crumbs (or finely chop with a knife); you should have about 1 quart.
- Pour into a buttered 3-quart shallow casserole; spread level.
- In food processor, whirl cheese and 1/4 cup syrup until blended; or in a bowl, with a mixer on medium speed, beat until blended. Spoon evenly over bread (it doesn't need to cover bread completely).
- In a bowl, whisk eggs to blend with 1/2 cup syrup, coconut milk, orange peel, orange juice, and nutmeg.
- Pour evenly over cheese mixture and bread. Cover casserole; chill at least 2 hours.
- Bake, uncovered, in a 350 regular or 325 convection oven until center barely jiggles when casserole is gently shaken, 40 to 50 minutes.
- Sprinkle top evenly with coconut and nuts; continue baking until coconut is lightly browned, 7 to 9 minutes.
- Heat remaining 1 cup syrup in a microwave-safe pitcher in a microwave oven at full power (100%) until warm, about 40 seconds.
- Serve pudding at once.
- Add syrup to taste.

Nutrition Facts

PROTEIN 9.56% FAT 43.47% CARBS 46.97%

Properties

Glycemic Index:28.4, Glycemic Load:26.24, Inflammation Score:-5, Nutrition Score:22.392608533735%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 625.45kcal (31.27%), Fat: 30.68g (47.21%), Saturated Fat: 18.55g (115.96%), Carbohydrates: 74.6g (24.87%), Net Carbohydrates: 71.39g (25.96%), Sugar: 53.89g (59.88%), Cholesterol: 247.81mg (82.6%), Sodium: 361.12mg (15.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.37%), Manganese: 2.88mg (143.93%), Vitamin B2: 1.32mg (77.92%), Selenium: 33.21µg (47.44%), Phosphorus: 278.06mg (27.81%), Vitamin C: 17.75mg (21.52%), Calcium: 207.45mg (20.75%), Vitamin B1: 0.31mg (20.69%), Folate: 77.58µg (19.4%), Iron: 3.49mg (19.39%), Magnesium: 69.65mg (17.41%), Potassium: 597.47mg (17.07%), Vitamin B5: 1.69mg (16.86%), Copper: 0.31mg (15.57%), Zinc: 2.33mg (15.55%), Vitamin B12: 0.82µg (13.62%), Fiber: 3.21g (12.85%), Vitamin B3: 2.41mg (12.04%), Vitamin A: 558.72IU (11.17%), Vitamin B6: 0.22mg (10.92%), Vitamin D: 1.34µg (8.9%), Vitamin E: 0.94mg (6.25%), Vitamin K: 1.99µg (1.9%)