



## Corn and Chipotle Bread Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

### Ingredients

- ☐ 9 ounces day-old bread white firm cubed (1-inch) ( 10 cups)
- ☐ 1 tablespoon chipotle chiles in adobo sauce canned finely chopped
- ☐ 1 cup egg substitute
- ☐ 2 cups corn kernels fresh ( 2 ears)
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 teaspoon ground cumin divided
- ☐ 1 jalapeno minced
- ☐ 1.5 cups milk 1% low-fat
- ☐ 4 ounces monterrey jack cheese shredded divided

- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 1 teaspoon salt divided

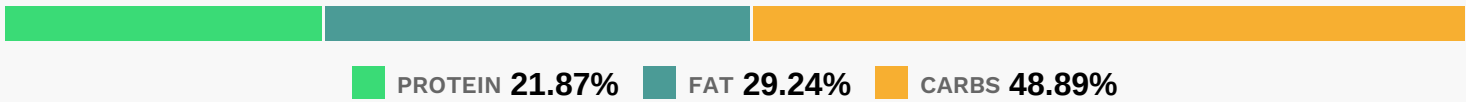
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add bell pepper and onion, and saut 5 minutes or until tender.
- ☐ Add corn, green onions, jalapeo, and garlic; saut 3 minutes. Stir in 1/2 teaspoon salt and 1/2 teaspoon cumin.
- ☐ Remove from heat; cool slightly.
- ☐ Combine remaining 1/2 teaspoon salt, remaining 1/2 teaspoon cumin, milk, egg substitute, 1/2 cup cheese, and chipotle chiles in a large bowl, stirring with a whisk. Stir in corn mixture.
- ☐ Add bread; stir gently to combine.
- ☐ Let stand 10 minutes. Spoon into a 2-quart baking dish coated with cooking spray.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake at 350 for 45 minutes or until pudding is set and lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:43.3, Glycemic Load:15.59, Inflammation Score:-8, Nutrition Score:18.29130450539%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 298.8kcal (14.94%), Fat: 9.95g (15.31%), Saturated Fat: 4.66g (29.12%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 34.43g (12.52%), Sugar: 10.67g (11.86%), Cholesterol: 19.77mg (6.59%), Sodium: 816.81mg (35.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.5%), Selenium: 30.88µg (44.12%), Calcium: 349.7mg (34.97%), Vitamin C: 24.88mg (30.16%), Phosphorus: 277.77mg (27.78%), Vitamin B2: 0.46mg (27.26%), Vitamin B1: 0.4mg (26.43%), Folate: 92.74µg (23.19%), Manganese: 0.4mg (20.2%), Vitamin K: 20.01µg (19.06%), Vitamin A: 943.46IU (18.87%), Iron: 3.12mg (17.33%), Vitamin B3: 3.25mg (16.25%), Vitamin B5: 1.56mg (15.64%), Magnesium: 53.74mg (13.44%), Vitamin B6: 0.26mg (13.11%), Potassium: 457.08mg (13.06%), Zinc: 1.92mg (12.81%), Fiber: 3.01g (12.04%), Vitamin B12: 0.65µg (10.88%), Vitamin D: 1.4µg (9.35%), Vitamin E: 1.36mg (9.04%), Copper: 0.11mg (5.71%)