



## Cranberry Bread Pudding

 Vegetarian  Gluten Free

READY IN



115 min.

SERVINGS



15

CALORIES



193 kcal

DESSERT

### Ingredients

- 2 teaspoons butter
- 1 cup cranberries
- 5 eggs
- 0.5 cup golden raisins
- 0.3 teaspoon ground cinnamon
- 1.5 cups heavy whipping cream
- 1.5 teaspoons kosher salt
- 1.5 teaspoons lemon zest

- 3 cups milk
- 0.8 vanilla pod split
- 0.8 cup sugar white

## Equipment

- bowl
- oven
- whisk
- aluminum foil
- pie form

## Directions

- Whisk milk, cream, sugar, eggs, lemon zest, salt, cinnamon, and vanilla bean together in a bowl; fold in baguette slices, raisins, and cranberries. Set aside to soak for 40 minutes.
- Preheat oven to 350 degrees F (175 degrees C). Butter a 12-inch deep-dish pie dish.
- Transfer bread mixture to prepared pie dish; remove and discard vanilla bean. Cover dish with aluminum foil.
- Bake in the preheated oven for 45 minutes.
- Remove foil and bake until until pudding is set and lightly browned, about 15 more minutes.

## Nutrition Facts



**PROTEIN 8.74%** **FAT 55.36%** **CARBS 35.9%**

## Properties

Glycemic Index:17.65, Glycemic Load:10.17, Inflammation Score:-3, Nutrition Score:4.5582608269609%

## Flavonoids

Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.28mg, Peonidin: 3.28mg, Peonidin: 3.28mg, Peonidin: 3.28mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg

Epigallocatechin: 0.05mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg  
Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg,  
Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol:  
0.14mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 1.11mg, Quercetin:  
1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

## **Nutrients (% of daily need)**

Calories: 192.88kcal (9.64%), Fat: 12.19g (18.75%), Saturated Fat: 7.19g (44.95%), Carbohydrates: 17.79g (5.93%),  
Net Carbohydrates: 17.31g (6.3%), Sugar: 16.23g (18.03%), Cholesterol: 88.74mg (29.58%), Sodium: 283.46mg  
(12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin B2: 0.19mg (11.29%), Vitamin A:  
528.97IU (10.58%), Phosphorus: 98.63mg (9.86%), Selenium: 6.25µg (8.93%), Calcium: 88.05mg (8.8%), Vitamin D:  
1.21µg (8.07%), Vitamin B12: 0.43µg (7.22%), Vitamin B5: 0.5mg (4.95%), Potassium: 158.31mg (4.52%), Vitamin B6:  
0.08mg (4.14%), Vitamin E: 0.51mg (3.39%), Zinc: 0.47mg (3.14%), Magnesium: 11.44mg (2.86%), Vitamin B1: 0.04mg  
(2.62%), Manganese: 0.05mg (2.6%), Iron: 0.39mg (2.19%), Folate: 8.1µg (2.03%), Fiber: 0.47g (1.89%), Vitamin C:  
1.49mg (1.81%), Copper: 0.04mg (1.81%), Vitamin K: 1.51µg (1.44%)