



Croissant Pudding

READY IN



80 min.

SERVINGS



6

CALORIES



423 kcal

DESSERT

Ingredients

- 1 serving butter for baking dish
- 2 large eggs
- 0.7 cup sugar
- 2 cups milk
- 0.3 teaspoon salt
- 0.8 pound croissants plain (4)
- 3 tablespoons almonds sliced

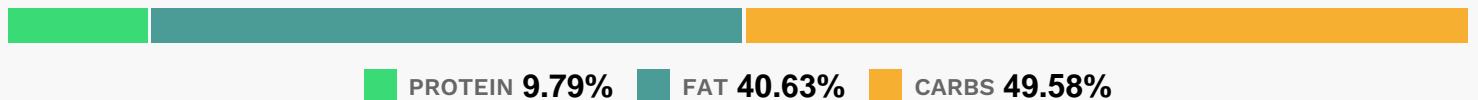
Equipment

- bowl
- oven
- whisk
- baking pan
- toothpicks
- spatula

Directions

- Preheat oven to 300 degrees. Lightly butter a small oval (or other shallow 1 1/2- to 2-quart) baking dish; set aside.
- In a large bowl, whisk together eggs, sugar, milk, and salt until combined.
- Add croissants; toss to coat.
- Let sit, turning occasionally, until they have absorbed some of the liquid, about 10 minutes.
- Pour mixture into prepared baking dish; smooth top with a spatula. Scatter with almonds.
- Bake until pudding has puffed up and a toothpick inserted in center comes out clean, 40 to 50 minutes. Cool at least 10 minutes before serving with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:39.18, Glycemic Load:33.41, Inflammation Score:-5, Nutrition Score:10.994782515842%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 423.31kcal (21.17%), Fat: 19.34g (29.75%), Saturated Fat: 9.29g (58.04%), Carbohydrates: 53.1g (17.7%), Net Carbohydrates: 51g (18.55%), Sugar: 32.78g (36.42%), Cholesterol: 111.54mg (37.18%), Sodium: 374.82mg (16.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.48g (20.97%), Selenium: 19.88µg (28.4%), Vitamin B2: 0.39mg (22.74%), Phosphorus: 198.93mg (19.89%), Vitamin B1: 0.28mg (18.83%), Manganese: 0.31mg (15.52%), Folate: 59.95µg (14.99%), Calcium: 144.28mg (14.43%), Vitamin A: 664.48IU (13.29%), Vitamin E: 1.99mg (13.28%), Vitamin B12: 0.68µg (11.33%), Vitamin B5: 1.07mg (10.71%), Iron: 1.64mg (9.11%), Magnesium: 34.35mg (8.59%), Fiber: 2.1g (8.4%), Vitamin D: 1.23µg (8.19%), Vitamin B3: 1.52mg (7.6%), Zinc: 1.13mg (7.55%), Potassium: 249.22mg (7.12%), Vitamin B6: 0.12mg (5.89%), Copper: 0.11mg (5.57%), Vitamin K: 1.37µg (1.31%)