



Cuban Bread Pudding

 Vegetarian  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



4634 kcal

DESSERT

Ingredients

- 4 cups cuban bread cubed (1-inch cubes)
- 8 oz philadelphia cream cheese softened
- 3 eggs
- 1 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 8 oz peach in juice undrained canned
- 2 cups milk
- 0.3 cup raisins

Glycemic Index:377.81, Glycemic Load:346.88, Inflammation Score:-10, Nutrition Score:86.142174015874%

Flavonoids

Cyanidin: 5.02mg, Cyanidin: 5.02mg, Cyanidin: 5.02mg, Cyanidin: 5.02mg Catechin: 11.5mg, Catechin: 11.5mg, Catechin: 11.5mg, Catechin: 11.5mg Epigallocatechin: 3.06mg, Epigallocatechin: 3.06mg, Epigallocatechin: 3.06mg, Epigallocatechin: 3.06mg Epicatechin: 5.47mg, Epicatechin: 5.47mg, Epicatechin: 5.47mg, Epicatechin: 5.47mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 4633.64kcal (231.68%), Fat: 163.89g (252.14%), Saturated Fat: 66.9g (418.14%), Carbohydrates: 645.46g (215.15%), Net Carbohydrates: 596.87g (217.04%), Sugar: 207.46g (230.51%), Cholesterol: 778.66mg (259.55%), Sodium: 6184.26mg (268.88%), Alcohol: 1.44g (100%), Alcohol %: 0.08% (100%), Protein: 156.69g (313.37%), Manganese: 12.7mg (634.96%), Selenium: 348.63µg (498.04%), Vitamin B1: 4.42mg (294.74%), Vitamin B3: 56.99mg (284.94%), Vitamin B2: 4.65mg (273.62%), Phosphorus: 2427.75mg (242.77%), Folate: 914µg (228.5%), Iron: 39.63mg (220.18%), Calcium: 2197.83mg (219.78%), Fiber: 48.59g (194.36%), Magnesium: 587.82mg (146.96%), Vitamin B5: 13.4mg (133.97%), Zinc: 16.18mg (107.9%), Copper: 2.13mg (106.54%), Vitamin A: 5316.02IU (106.32%), Potassium: 3343.02mg (95.51%), Vitamin E: 14.01mg (93.38%), Vitamin B6: 1.87mg (93.37%), Vitamin B12: 4.31µg (71.82%), Vitamin K: 60.61µg (57.72%), Vitamin D: 8.01µg (53.39%), Vitamin C: 13.26mg (16.08%)