



HEALTH SCORE

67%

Double-Mushroom Bread Pudding



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1060 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 cups peasant bread cubed (2-inch) (12 ounces)
- ☐ 12 ounces cremini mushrooms quartered
- ☐ 1 large egg white
- ☐ 3 large eggs
- ☐ 3 cups milk fat-free divided
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 4 ounces gruyère cheese shredded divided

- ☐ 8 ounce portabello mushrooms
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vegetable oil
- ☐ 2 teaspoons or dried fresh chopped

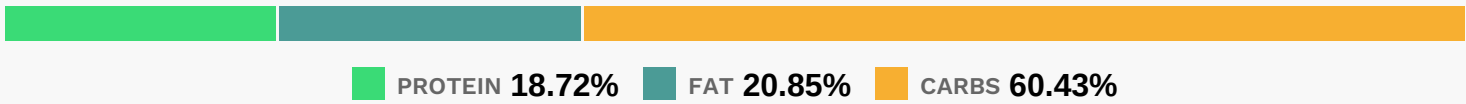
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine 2 cups milk and bread. Cover and chill 30 minutes, stirring occasionally.
- ☐ Remove brown gills from the undersides of portobellos using a spoon; discard gills and stems.
- ☐ Cut mushroom caps in half; cut halves crosswise into 1/2-inch slices.
- ☐ Preheat oven to 37
- ☐ Heat oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add portobello and cremini mushrooms, and saut 4 minutes. Stir in parsley, rosemary, salt, pepper, and garlic; saut 1 minute.
- ☐ Combine 1 cup milk, eggs, and egg white, and stir with a whisk. Spoon 2 cups bread mixture into a 2-quart casserole coated with cooking spray. Top with the mushroom mixture; sprinkle with 1/3 cup cheese. Top with remaining bread mixture and 2/3 cup cheese.
- ☐ Pour egg mixture over top.
- ☐ Bake at 375 for 45 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:42.65, Glycemic Load:82.61, Inflammation Score:-9, Nutrition Score:54.409130676933%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1059.56kcal (52.98%), Fat: 24.62g (37.87%), Saturated Fat: 6.88g (43.02%), Carbohydrates: 160.57g (53.53%), Net Carbohydrates: 146.91g (53.42%), Sugar: 26.43g (29.37%), Cholesterol: 117.46mg (39.15%), Sodium: 1828.5mg (79.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.74g (99.48%), Manganese: 3.91mg (195.46%), Selenium: 126.67µg (180.96%), Vitamin B3: 21.75mg (108.73%), Vitamin B1: 1.47mg (97.89%), Vitamin K: 100.95µg (96.14%), Vitamin B2: 1.48mg (87.01%), Phosphorus: 815.36mg (81.54%), Folate: 316.93µg (79.23%), Calcium: 781.29mg (78.13%), Iron: 12.51mg (69.51%), Fiber: 13.66g (54.64%), Vitamin B5: 4.83mg (48.29%), Copper: 0.9mg (44.83%), Magnesium: 162.39mg (40.6%), Zinc: 5.78mg (38.53%), Potassium: 1130.89mg (32.31%), Vitamin B6: 0.61mg (30.46%), Vitamin B12: 1.32µg (21.93%), Vitamin A: 993.12IU (19.86%), Vitamin D: 2.13µg (14.21%), Vitamin C: 7.46mg (9.04%), Vitamin E: 1.09mg (7.26%)