Dulce de Leche Bread Pudding with Peanut Brittle Topping

READY IN	SERVINGS	CALORIES
85 min.	12	233 kcal

DESSERT

Ingredients

- [ ] 1 apples peeled chopped
- [ ] 6 cups day-old bread cubes french ()
- [ ] 8 oz philadelphia cream cheese cubed softened
- [ ] 13.4 oz dulce de leche sweetened canned (milk caramel)
- [ ] 3 eggs
- [ ] 1.5 cups milk
- [ ] 0.3 cup planters roasted peanuts dry
- [ ] 0.3 cup sugar

- [ ] 1 cup cool whip whipped topping thawed

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] baking sheet
- [ ] oven
- [ ] knife
- [ ] blender
- [ ] baking pan
- [ ] aluminum foil

Directions

- [ ] Heat oven 350F.
- [ ] Toss bread with apples in large bowl. Blend eggs, milk, dulce de leche and cream cheese in blender until smooth.
- [ ] Pour over bread mixture; toss to evenly coat. Spoon into 13x9-inch baking dish sprayed with cooking spray.
- [ ] Bake 45 min. or until knife inserted in center comes out clean. Cool 20 min.
- [ ] Meanwhile, cook sugar in small nonstick skillet on medium-high heat until golden brown. Stir in nuts.
- [ ] Pour onto foil-covered rimmed baking sheet. Carefully separate into small pieces with back of spoon. Cool completely.
- [ ] Serve warm pudding topped with COOL WHIP and nuts.

Nutrition Facts

PROTEIN **12.72%** FAT **46.36%** CARBS **40.92%**

Properties

Glycemic Index:22.31, Glycemic Load:11.43, Inflammation Score:-4, Nutrition Score:7.6060870082482%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 233.17kcal (11.66%), Fat: 12.2g (18.77%), Saturated Fat: 5.88g (36.73%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 22.48g (8.18%), Sugar: 11.19g (12.43%), Cholesterol: 63.79mg (21.26%), Sodium: 236.5mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.07%), Manganese: 0.41mg (20.54%), Selenium: 14.11µg (20.16%), Vitamin B2: 0.22mg (13.11%), Phosphorus: 126.56mg (12.66%), Vitamin B3: 2.09mg (10.46%), Calcium: 104.21mg (10.42%), Vitamin B1: 0.15mg (9.97%), Folate: 34.34µg (8.59%), Vitamin A: 376.01IU (7.52%), Iron: 1.3mg (7.21%), Fiber: 1.75g (6.99%), Vitamin B5: 0.67mg (6.73%), Magnesium: 24.92mg (6.23%), Vitamin B12: 0.32µg (5.28%), Vitamin B6: 0.1mg (5.05%), Zinc: 0.75mg (5.01%), Potassium: 167.79mg (4.79%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.56µg (3.7%), Copper: 0.07mg (3.57%), Vitamin K: 2.43µg (2.31%)