



 **72%**  
HEALTH SCORE

## Easy Caramel Apple Bread Pudding

 Very Healthy

READY IN



120 min.

SERVINGS



1

CALORIES



4525 kcal

DESSERT

### Ingredients

- 0.8 lb un bread white cut into 1-inch cubes ( 8 cups)
- 1 Tbsp butter
- 25 caramels kraft
- 0.5 cup cranberries dried
- 4 eggs
- 12 oz evaporated milk divided canned
- 3 cups gala apples peeled chopped
- 0.5 tsp ground cinnamon

- 14 oz condensed milk sweetened canned
- 1 tsp vanilla
- 1 cup cool whip whipped topping thawed

## Equipment

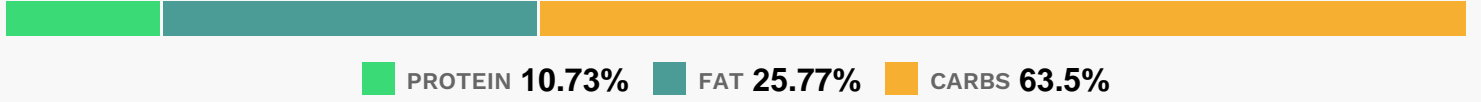
- bowl
- frying pan
- oven
- knife
- whisk
- casserole dish
- microwave

## Directions

- Heat oven to 350F.
- Melt butter in large skillet on medium heat.
- Add apples; cook 5 min. or until crisp-tender, stirring frequently.
- Remove from heat.
- Place caramels in microwaveable bowl.
- Add 2 Tbsp. evaporated milk; set aside.
- Pour remaining evaporated milk into large bowl.
- Add sweetened condensed milk, eggs, vanilla and cinnamon; whisk until blended.
- Add bread; stir until liquid is absorbed. Stir in apples and cranberries; pour into 2-qt. casserole sprayed with cooking spray.
- Place casserole dish in shallow pan.
- Add enough water to pan to come halfway up side of casserole dish.
- Bake 1 hour 10 min. or until knife inserted in center of pudding comes out clean.
- Remove pudding from water bath; cool slightly.

- Microwave caramels in microwaveable bowl on HIGH 1 min. or until completely melted, stirring every 30 sec.
- Drizzle over pudding.
- Serve topped with COOL WHIP.

## Nutrition Facts



### Properties

Glycemic Index:287.78, Glycemic Load:389.84, Inflammation Score:-10, Nutrition Score:76.596087414285%

### Flavonoids

Cyanidin: 6.25mg, Cyanidin: 6.25mg, Cyanidin: 6.25mg, Cyanidin: 6.25mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 28.24mg, Epicatechin: 28.24mg, Epicatechin: 28.24mg, Epicatechin: 28.24mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 17.76mg, Quercetin: 17.76mg, Quercetin: 17.76mg, Quercetin: 17.76mg

### Nutrients (% of daily need)

Calories: 4525.28kcal (226.26%), Fat: 132.11g (203.24%), Saturated Fat: 67.85g (424.04%), Carbohydrates: 732.43g (244.14%), Net Carbohydrates: 711.7g (258.8%), Sugar: 533.9g (593.22%), Cholesterol: 937.85mg (312.62%), Sodium: 3502.4mg (152.28%), Alcohol: 1.44g (100%), Alcohol %: 0.09% (100%), Protein: 123.82g (247.64%), Calcium: 3274.55mg (327.46%), Vitamin B2: 5.18mg (304.6%), Selenium: 206.37µg (294.81%), Phosphorus: 2818.72mg (281.87%), Vitamin B1: 2.66mg (177.19%), Folate: 555.21µg (138.8%), Manganese: 2.66mg (133.18%), Potassium: 4201.09mg (120.03%), Vitamin B5: 11.6mg (116.01%), Iron: 17.14mg (95.21%), Vitamin B3: 18.98mg (94.89%), Magnesium: 368.3mg (92.08%), Zinc: 13.04mg (86.94%), Fiber: 20.73g (82.91%), Vitamin B12: 4.78µg (79.69%), Vitamin A: 3548.26IU (70.97%), Vitamin B6: 1.32mg (66%), Vitamin E: 7.61mg (50.72%), Copper: 0.86mg (43.09%), Vitamin C: 35.2mg (42.67%), Vitamin D: 4.65µg (31.03%), Vitamin K: 26.79µg (25.51%)