



## Esther Fox's Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



746 kcal

DESSERT

### Ingredients

- 3 large eggs slightly beaten
- 0.5 teaspoon ground nutmeg
- 5 cups bread white french italian stale ( , , or )
- 0.5 teaspoon salt
- 0.5 cup sugar
- 2 tablespoons butter unsalted
- 1 teaspoon vanilla extract
- 3 cups milk whole

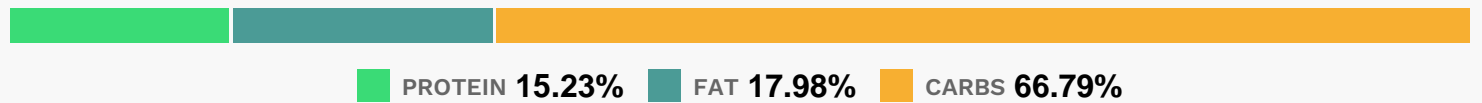
## Equipment

- bowl
- oven
- baking pan

## Directions

- Coat an 11-by-7-inch baking dish with 1 tablespoon of the butter.
- Place the bread cubes in a single layer in the dish. In a large bowl, combine the milk, sugar, eggs, vanilla, nutmeg or mace, and salt.
- Pour the milk mixture over the bread and dot with the remaining butter. Cover and refrigerate for 1 hour. Preheat oven to 350 F.
- Bake the pudding for 40 to 45 minutes or until golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:43.1, Glycemic Load:92.71, Inflammation Score:-8, Nutrition Score:30.293043302858%

## Nutrients (% of daily need)

Calories: 745.64kcal (37.28%), Fat: 14.95g (23%), Saturated Fat: 6.54g (40.84%), Carbohydrates: 124.97g (41.66%), Net Carbohydrates: 120.6g (43.85%), Sugar: 31.84g (35.37%), Cholesterol: 117.67mg (39.22%), Sodium: 1463.3mg (63.62%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Protein: 28.49g (56.99%), Vitamin B1: 1.48mg (98.6%), Selenium: 66.53µg (95.04%), Vitamin B2: 1.13mg (66.47%), Folate: 254.52µg (63.63%), Manganese: 1.05mg (52.64%), Vitamin B3: 9.66mg (48.28%), Iron: 8.16mg (45.35%), Phosphorus: 381.25mg (38.12%), Calcium: 268.37mg (26.84%), Magnesium: 81.21mg (20.3%), Zinc: 2.88mg (19.23%), Fiber: 4.37g (17.49%), Vitamin B6: 0.33mg (16.42%), Copper: 0.32mg (16.16%), Vitamin B5: 1.5mg (15.02%), Vitamin B12: 0.89µg (14.82%), Potassium: 451.24mg (12.89%), Vitamin D: 1.91µg (12.75%), Vitamin A: 449.43IU (8.99%), Vitamin E: 0.85mg (5.64%), Vitamin K: 2.15µg (2.05%)