



## Fontina and Parmesan Mushroom Bread Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



777 kcal

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 6 cups sturdy bread whole wheat 100% cubed (1-inch) ( 12 ounces)
- 16 ounce pre cremini mushrooms
- 3 large eggs lightly beaten
- 0.5 cup less-sodium chicken broth fat-free
- 4 ounces fontina shredded
- 2 tablespoons parsley fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 1.5 cups milk 1% low-fat

- 1 teaspoon olive oil
- 2 tablespoons parmesan cheese fresh grated
- 0.3 teaspoon salt
- 0.3 cup shallots chopped

## Equipment

- frying pan
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 350
- Place bread cubes on a jelly-roll pan; coat with cooking spray.
- Bake at 350 for 20 minutes or until lightly toasted, turning twice.
- Remove from oven; cool.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add shallots and mushrooms; saut 12 minutes or until lightly browned and moisture evaporates.
- Remove from heat; stir in parsley, thyme, salt, and pepper.
- Place half of bread cubes in bottom of an 11 x 7inch baking dish coated with cooking spray. Arrange mushroom mixture evenly over bread cubes; sprinkle with 1/2 cup fontina and 1 tablespoon Parmesan. Top with remaining bread cubes.
- Combine milk, broth, and eggs, stirring with a whisk; pour over bread mixture. Gently press with back of a spoon; let stand 30 minutes. Top with remaining 1/2 cup fontina and remaining 1 tablespoon Parmesan.
- Bake at 350 for 45 minutes or until set.
- Let stand for 10 minutes before serving.
- Cut into 6 squares.

## Nutrition Facts

PROTEIN 21.58% FAT 21.29% CARBS 57.13%

## Properties

Glycemic Index:43.78, Glycemic Load:61.88, Inflammation Score:-9, Nutrition Score:44.327391396398%

## Flavonoids

Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

## Nutrients (% of daily need)

Calories: 776.72kcal (38.84%), Fat: 18.47g (28.41%), Saturated Fat: 6.86g (42.91%), Carbohydrates: 111.47g (37.16%), Net Carbohydrates: 96.17g (34.97%), Sugar: 16.13g (17.93%), Cholesterol: 119.01mg (39.67%), Sodium: 1482.31mg (64.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.11g (84.23%), Manganese: 5.24mg (262.19%), Selenium: 93.3µg (133.29%), Phosphorus: 791.62mg (79.16%), Vitamin B1: 1.06mg (70.41%), Vitamin B3: 13.64mg (68.22%), Calcium: 623.89mg (62.39%), Fiber: 15.3g (61.19%), Vitamin B2: 1.02mg (59.86%), Magnesium: 208.06mg (52.02%), Copper: 0.96mg (48.07%), Zinc: 6.37mg (42.48%), Iron: 7.34mg (40.76%), Vitamin K: 41.62µg (39.64%), Vitamin B6: 0.74mg (37.14%), Vitamin B5: 3.51mg (35.14%), Folate: 139.67µg (34.92%), Potassium: 1137.29mg (32.49%), Vitamin B12: 1.03µg (17.22%), Vitamin A: 612.04IU (12.24%), Vitamin E: 1.73mg (11.51%), Vitamin D: 1.35µg (8.98%), Vitamin C: 4.69mg (5.69%)