



French Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



483 kcal

DESSERT

Ingredients

- ☐ 1 cup cherries dried
- ☐ 3 eggs
- ☐ 1 loaf bread french stale
- ☐ 8 servings heavy cream for serving
- ☐ 1 quart milk
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons vanilla extract pure

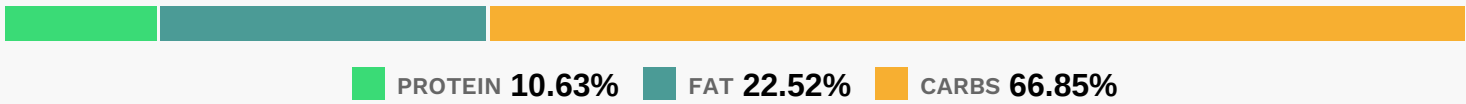
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cut bread in 1-inch cubes and place in a bowl.
- ☐ Pour milk over it; let stand for 1 hour.
- ☐ Preheat the oven to 325°F. Butter the bottom and sides of a 9x13x2-inch oven-to-table baking dish.
- ☐ In another bowl, beat together the eggs, sugar, and vanilla. Stir this into the bread mixture.
- ☐ Add the dried cherries.
- ☐ Pour into the prepared baking dish.
- ☐ Bake on the middle rack of the oven for about 1 hour and 10 minutes, or until golden brown. Cool to room temperature, cover with aluminum foil, and refrigerate overnight.
- ☐ Remove from the refrigerator 30 minutes before reheating. Reheat, covered with foil, at 325°F for 15 to 20 minutes.
- ☐ Serve warm or at room temperature. Pass a pitcher of cream to moisten.
- ☐ Per serving: 420 calories, 80g carbohydrates, 12g protein, 5g fat, 90mg cholesterol
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:23.57, Glycemic Load:48.28, Inflammation Score:-7, Nutrition Score:12.935652255364%

Nutrients (% of daily need)

Calories: 483.49kcal (24.17%), Fat: 12.1g (18.62%), Saturated Fat: 6.43g (40.2%), Carbohydrates: 80.83g (26.94%), Net Carbohydrates: 78.31g (28.47%), Sugar: 54.18g (60.2%), Cholesterol: 92.53mg (30.84%), Sodium: 376.52mg (16.37%), Alcohol: 1.12g (100%), Alcohol %: 0.55% (100%), Protein: 12.86g (25.71%), Selenium: 22.29µg (31.84%),

Vitamin B2: 0.49mg (28.86%), Vitamin B1: 0.43mg (28.75%), Phosphorus: 213.54mg (21.35%), Vitamin A: 1039.12IU (20.78%), Calcium: 205.01mg (20.5%), Folate: 69.86µg (17.46%), Iron: 2.53mg (14.04%), Manganese: 0.28mg (14.02%), Vitamin B12: 0.81µg (13.49%), Vitamin B3: 2.57mg (12.85%), Vitamin D: 1.87µg (12.47%), Fiber: 2.53g (10.1%), Vitamin B5: 0.9mg (9.01%), Zinc: 1.26mg (8.41%), Magnesium: 33.62mg (8.4%), Vitamin B6: 0.16mg (7.99%), Potassium: 278.52mg (7.96%), Copper: 0.1mg (4.78%), Vitamin E: 0.48mg (3.17%), Vitamin K: 1.23µg (1.18%)