



## French Quarter Bread Pudding

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



501 kcal

DESSERT

### Ingredients

- 3 eggs
- 1 pound bread french
- 0.3 cup golden raisins
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 1 cup half-and-half cream
- 1.3 cups milk
- 0.5 cup pecans chopped

- 0.5 cup butter unsalted melted
- 1 teaspoon vanilla extract
- 1 cup sugar white

## Equipment

- bowl
- baking sheet
- oven
- casserole dish

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Cut bread into 1 inch thick slices. Arrange bread slices and pecans on a baking sheet and drizzle with melted butter; toast lightly.
- In a large bowl, beat together eggs, cream, milk, cinnamon, nutmeg, sugar and vanilla. Put bread and pecans in a lightly greased 7x11 in casserole dish.
- Pour egg mixture over bread. Make sure that bread slices are saturated with liquid.
- Bake in preheated oven for 60 minutes, until golden.
- Serve warm.

## Nutrition Facts



**PROTEIN 8.83%** **FAT 42.52%** **CARBS 48.65%**

## Properties

Glycemic Index:41.28, Glycemic Load:42.81, Inflammation Score:-6, Nutrition Score:13.164347830026%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## **Nutrients (% of daily need)**

Calories: 501.46kcal (25.07%), Fat: 24.2g (37.23%), Saturated Fat: 11.4g (71.25%), Carbohydrates: 62.31g (20.77%), Net Carbohydrates: 60.14g (21.87%), Sugar: 33.78g (37.53%), Cholesterol: 107.05mg (35.68%), Sodium: 400.13mg (17.4%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 11.31g (22.62%), Selenium: 23.56µg (33.66%), Manganese: 0.65mg (32.61%), Vitamin B1: 0.49mg (32.41%), Vitamin B2: 0.46mg (26.85%), Folate: 80.57µg (20.14%), Phosphorus: 187.31mg (18.73%), Iron: 2.8mg (15.58%), Vitamin B3: 2.96mg (14.81%), Calcium: 130.35mg (13.03%), Vitamin A: 616.8IU (12.34%), Copper: 0.21mg (10.27%), Magnesium: 38.2mg (9.55%), Zinc: 1.42mg (9.47%), Fiber: 2.17g (8.7%), Vitamin B6: 0.16mg (7.85%), Vitamin B5: 0.75mg (7.53%), Potassium: 253.58mg (7.25%), Vitamin B12: 0.43µg (7.24%), Vitamin D: 0.96µg (6.41%), Vitamin E: 0.82mg (5.47%), Vitamin K: 2.38µg (2.27%)