



French Toast Bread Pudding

 Vegetarian

READY IN



115 min.

SERVINGS



8

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 1 challah loaf sliced
- ☐ 8 extra large eggs
- ☐ 5 cups half-and-half
- ☐ 3 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon orange zest grated
- ☐ 8 servings confectioners' sugar and maple syrup pure for serving
- ☐ 1 teaspoon vanilla extract pure

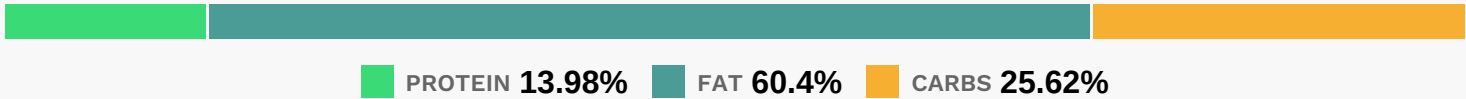
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees.
- ☐ Arrange the bread in two layers in a 9 by 13 by 2-inch baking dish, cutting the bread to fit the dish. Set aside.
- ☐ In a large bowl, whisk together the eggs, half-and-half, honey, orange zest, vanilla, and salt.
- ☐ Pour the mixture over the bread and press the bread down. Allow to soak for 10 minutes.
- ☐ Place the baking dish in a larger roasting pan and add enough very hot tap water to the roasting pan to come an inch up the side of the baking dish. Cover the roasting pan tightly with aluminum foil, tenting it so the foil doesn't touch the pudding. Make two slashes in the foil to allow steam to escape.
- ☐ Bake for 45 minutes, remove the aluminum foil, and bake for another 40 to 45 minutes, until the pudding puffs up and the custard is set.
- ☐ Remove from the oven and cool slightly.
- ☐ With a small sieve, dust lightly with confectioners' sugar and serve hot in squares with maple syrup on the side.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:3.38, Inflammation Score:-4, Nutrition Score:9.8656522916711%

Nutrients (% of daily need)

Calories: 335.8kcal (16.79%), Fat: 22.73g (34.97%), Saturated Fat: 12.39g (77.42%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 21.59g (7.85%), Sugar: 20.81g (23.12%), Cholesterol: 261.32mg (87.11%), Sodium: 245.47mg (10.67%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 11.84g (23.67%), Vitamin B2: 0.56mg (32.68%), Selenium: 22.19µg (31.7%), Phosphorus: 255.2mg (25.52%), Calcium: 195.17mg (19.52%), Vitamin A: 841.24IU (16.82%), Vitamin B12: 0.79µg (13.1%), Vitamin B5: 1.31mg (13.05%), Zinc: 1.33mg (8.89%), Vitamin B6: 0.17mg (8.71%), Potassium: 283.67mg (8.1%), Folate: 31.37µg (7.84%), Vitamin D: 1.12µg (7.47%), Vitamin E: 0.97mg (6.46%), Iron: 1.1mg (6.14%), Magnesium: 22.25mg (5.56%), Vitamin B1: 0.07mg (4.62%), Vitamin C: 2.42mg (2.93%), Copper: 0.06mg (2.93%), Vitamin K: 2.14µg (2.03%), Manganese: 0.03mg (1.29%), Vitamin B3: 0.23mg (1.16%)