



Garlic and Herb Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

Ingredients

- ☐ 2 tablespoons teaspoons basil dried fresh chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 3 large eggs
- ☐ 2 cups milk fat-free
- ☐ 2 tablespoons garlic minced
- ☐ 6 cups bread italian cubed (1-inch) (8 ounces)
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons parmesan cheese fresh divided grated
- ☐ 2.5 ounces part-skim mozzarella cheese shredded divided
- ☐ 0.5 teaspoon salt

☐ 0.3 cup sun-dried tomatoes packed

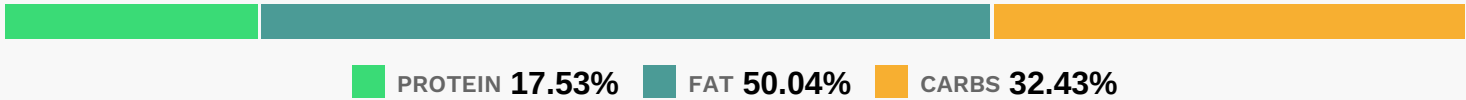
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Place boiling water and tomatoes in a bowl. Cover and let stand 10 minutes or until tender.
- ☐ Drain well; finely chop.
- ☐ Heat oil in a small nonstick skillet over medium-low heat.
- ☐ Add garlic; cook for 1 minute, stirring constantly.
- ☐ Combine the milk and eggs in a bowl, stirring with a whisk. Stir in tomatoes, garlic, 1/2 cup mozzarella, 1 tablespoon Parmesan, basil, salt, and pepper.
- ☐ Place bread in a shallow 1 1/2-quart casserole coated with cooking spray.
- ☐ Pour milk mixture over bread, gently stirring to coat.
- ☐ Let mixture stand 15 minutes.
- ☐ Sprinkle with remaining mozzarella and Parmesan.
- ☐ Bake at 350 for 45 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:27.78, Glycemic Load:1.81, Inflammation Score:-3, Nutrition Score:7.7834782807723%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 216.29kcal (10.81%), Fat: 12.13g (18.66%), Saturated Fat: 5.91g (36.95%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 16.31g (5.93%), Sugar: 11.51g (12.79%), Cholesterol: 78.11mg (26.04%), Sodium: 355.16mg (15.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.13%), Calcium: 185.63mg (18.56%), Phosphorus: 179.98mg (18%), Vitamin B2: 0.24mg (14.18%), Selenium: 9.08µg (12.97%), Vitamin B12: 0.61µg (10.16%), Potassium: 350.73mg (10.02%), Manganese: 0.15mg (7.42%), Vitamin B3: 1.48mg (7.39%), Vitamin D: 1.08µg (7.21%), Iron: 1.28mg (7.14%), Vitamin A: 345.87IU (6.92%), Folate: 27.69µg (6.92%), Vitamin B1: 0.1mg (6.79%), Magnesium: 25.69mg (6.42%), Zinc: 0.96mg (6.39%), Vitamin B5: 0.63mg (6.29%), Vitamin B6: 0.12mg (5.79%), Fiber: 1.38g (5.52%), Vitamin K: 5.11µg (4.86%), Copper: 0.09mg (4.61%), Vitamin C: 2.51mg (3.04%), Vitamin E: 0.36mg (2.42%)