



Gramma's Apple Bread Pudding

READY IN

ready

60 min.

SERVINGS

servings

8

CALORIES

calories

286 kcal

DESSERT

Ingredients

- ☐ 2 cups apples peeled sliced
- ☐ 4 cups unseasoned bread cubes soft
- ☐ 0.3 cup brown sugar
- ☐ 2 eggs beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup butter
- ☐ 0.5 cup milk
- ☐ 0.3 cup raisins
- ☐ 1 teaspoon vanilla extract

☐ 0.3 cup sugar white

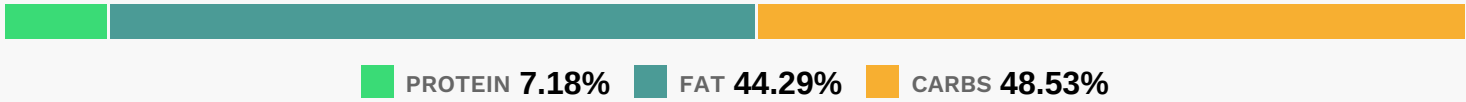
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 7x11 inch baking dish.
- ☐ In a large bowl, combine bread, raisins, and apples. In a small saucepan over medium heat, combine 1 cup brown sugar, 1 3/4 cups milk, and 1/4 cup margarine. Cook and stir until margarine is melted.
- ☐ Pour over bread mixture in bowl.
- ☐ In a small bowl, whisk together cinnamon, 1/2 teaspoon vanilla, and eggs.
- ☐ Pour bread mixture into prepared dish, and pour egg mixture over bread.
- ☐ Bake in preheated oven 40 to 50 minutes, or until center is set and apples are tender.
- ☐ While pudding is baking, mix together sugar, 1/4 cup brown sugar, 1/2 cup milk, and 1/2 cup margarine in a saucepan. Bring to a boil, then remove from heat, and stir in 1 teaspoon vanilla.
- ☐ Serve over bread pudding.

Nutrition Facts



Properties

Glycemic Index:32.82, Glycemic Load:14.83, Inflammation Score:-5, Nutrition Score:6.8886956339297%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg

Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg
Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3–gallate:
0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate:
0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol:
0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg,
Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 285.52kcal (14.28%), Fat: 14.32g (22.04%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 35.32g (11.77%),
Net Carbohydrates: 33.01g (12%), Sugar: 18.6g (20.67%), Cholesterol: 42.75mg (14.25%), Sodium: 291.28mg
(12.66%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 5.22g (10.45%), Manganese: 0.41mg (20.5%),
Selenium: 11.89µg (16.98%), Vitamin A: 609.76IU (12.2%), Vitamin B2: 0.17mg (9.72%), Vitamin B1: 0.14mg (9.33%),
Fiber: 2.31g (9.24%), Vitamin B3: 1.68mg (8.42%), Phosphorus: 83.87mg (8.39%), Iron: 1.43mg (7.94%), Folate:
30.27µg (7.57%), Calcium: 75.65mg (7.56%), Vitamin B5: 0.5mg (4.98%), Potassium: 165.4mg (4.73%), Magnesium:
18.81mg (4.7%), Vitamin E: 0.68mg (4.52%), Vitamin B6: 0.09mg (4.25%), Copper: 0.08mg (3.83%), Zinc: 0.52mg
(3.49%), Vitamin B12: 0.19µg (3.24%), Vitamin D: 0.39µg (2.59%), Vitamin C: 1.78mg (2.15%), Vitamin K: 2.22µg
(2.11%)