

VEGETARIAN

Greek-Style Bread Pudding

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.85	439 kcal

The recipe Greek-Style Bread Pudding is ready in roughly 45 minutes and is definitely an awesome lacto ovo vegetarian option for lovers of Mediterranean food. This recipe makes 6 servings with 439 calories, 17g of protein, and 23g of fat each.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 14½ ounce Italian-style diced tomatoes, drained
canned
- ☐ 4 large eggs
- ☐ 1 garlic clove, minced
- ☐ 2 cups 1% low-fat milk
- ☐ ½ cup chopped onion
- ☐ 10 ounce package frozen chopped spinach, thawed,
drained, and squeezed dry
- ☐ 8 ounces (1-inch) cubed day-old Italian bread
(about 9 cups)
- ☐ 12 ounces cups sliced cremini mushrooms
(about
- ☐ 4 ounces cup crumbled feta cheese, divided
- ☐ ½ cup golden raisins
- ☐ 1 teaspoon olive oil
- ☐ 0.1 teaspoon salt

EQUIPMENT Bowl, Frying pan, Oven, Whisk, Baking pan

Method

- 1 Preheat oven to 35
- 2 Heat oil in a large nonstick skillet over medium heat.

- 3 Add mushrooms, onion, and garlic; cook 12 minutes or until mushrooms are tender, stirring occasionally. Stir in raisins, pepper, salt, tomatoes, and spinach.
- 4 Remove from heat; cool slightly.
- 5 Combine milk, 1/2 cup cheese, and eggs in a large bowl, stirring with a whisk. Stir in mushroom mixture.
- 6 Add bread; stir gently to combine.
- 7 Let stand 10 minutes. Spoon into a 2-quart baking dish coated with cooking spray.
- 8 Sprinkle with remaining 1/2 cup cheese.
- 9 Bake at 350 for 45 minutes or until pudding is set and lightly browned.

Nutrition per serving

439	17 g	23 g	45 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			11.4 g · 71% of daily needs
Fibre			5.1 g · 20% of daily needs
Sugar			27.7 g · 31% of daily needs
Sodium			613 mg · 27% of daily needs
Cholesterol			145 mg · 48% of daily needs
Vitamin C			10.4 mg · 13% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/greek-style-bread-pudding-148266