



Ham and Swiss Bread Pudding

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons dijon mustard
- 0.8 cup egg substitute
- 1.8 cups milk fat-free
- 2 garlic cloves chopped
- 1.3 cups green onions chopped
- 0.1 teaspoon ground nutmeg
- 3 ounces ham chopped
- 1 ounce hawaiian bread rolls cut into 1/2-inch cubes
- 0.3 teaspoon salt

3 ounces swiss cheese shredded divided

Equipment

bowl

frying pan

baking sheet

oven

whisk

baking pan

Directions

Heat a small nonstick skillet coated with cooking spray over medium-high heat.

Add onions, ham, and garlic; saut 5 minutes.

Remove from heat; cool.

Preheat oven to 35

Arrange bread cubes on a baking sheet.

Bake at 350 for 15 minutes or until lightly browned, turning occasionally.

Combine milk and next 5 ingredients (milk through nutmeg) in a large bowl, stirring with a whisk until well blended. Stir in ham mixture.

Add bread, tossing gently to coat.

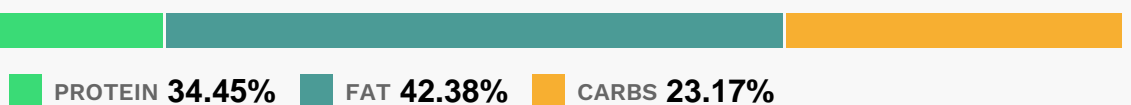
Arrange half of bread mixture in an 8-inch square baking dish coated with cooking spray.

Sprinkle with half of cheese; top with remaining bread mixture.

Bake at 350 for 25 minutes.

Sprinkle with remaining cheese; bake an additional 20 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:64.06, Glycemic Load:2.49, Inflammation Score:-7, Nutrition Score:17.960869581803%

Flavonoids

Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 236.02kcal (11.8%), Fat: 11.22g (17.26%), Saturated Fat: 5.62g (35.15%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 12.33g (4.49%), Sugar: 8.7g (9.66%), Cholesterol: 40mg (13.33%), Sodium: 678.62mg (29.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.04%), Vitamin K: 65.42µg (62.3%), Selenium: 34.91µg (49.88%), Calcium: 395.76mg (39.58%), Phosphorus: 336.92mg (33.69%), Vitamin B2: 0.46mg (26.91%), Vitamin B12: 1.55µg (25.88%), Vitamin B1: 0.28mg (18.59%), Zinc: 2.54mg (16.91%), Vitamin A: 814.16IU (16.28%), Vitamin B5: 1.37mg (13.75%), Vitamin D: 2.05µg (13.65%), Vitamin B6: 0.26mg (13.05%), Potassium: 456.18mg (13.03%), Iron: 2.22mg (12.35%), Magnesium: 41.23mg (10.31%), Folate: 32.53µg (8.13%), Vitamin C: 6.6mg (8%), Vitamin E: 1.12mg (7.47%), Vitamin B3: 1.37mg (6.85%), Manganese: 0.13mg (6.72%), Fiber: 1.47g (5.87%), Copper: 0.08mg (3.9%)