



Ham, Fontina, and Spinach Bread Pudding

READY IN



1500 min.

SERVINGS



6

CALORIES



753 kcal

Ingredients

- 0.8 pound crusty baguette
- 1 pound finely-chopped ham cooked cut into 1/2-inch cubes
- 4 large eggs
- 0.8 pound fontina grated
- 0.3 teaspoon nutmeg freshly grated
- 2 tablespoons olive oil
- 2 onion chopped
- 1 teaspoon salt
- 6 cups pkt spinach coarsely chopped (1 bunch)
- 0.5 stick butter unsalted melted

- 1 quart milk whole

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- aluminum foil
- broiler
- spatula

Directions

- Preheat broiler.
- Diagonally cut baguette crosswise into 3/4-inch-thick slices and brush both sides with butter. Toast on a baking sheet under broiler 3 inches from heat until golden, about 30 seconds on each side.
- Preheat oven to 350°F.
- Sauté onions in oil in a 12-inch nonstick skillet over moderately high heat, stirring occasionally, until golden.
- Add ham and sauté, stirring occasionally, until ham is lightly browned.
- Whisk eggs in a large bowl and whisk in milk, salt, nutmeg, and pepper to taste.
- Add toasted bread and toss gently.
- Transfer bread as saturated to a shallow 3-quart casserole, slightly overlapping slices.
- Add any remaining egg mixture.
- Tuck spinach and ham between slices, reserving a little ham to sprinkle over top.
- Sprinkle cheese over pudding, lifting slices with a spatula to allow some to fall between them.
- Sprinkle reserved ham over pudding and bake in middle of oven 45 minutes to 1 hour, or until puffed and edges of bread are golden and custard is set in middle.

- Bread pudding can be assembled 1 day ahead and chilled, covered. Increase baking time to 1 hour and 10 minutes if bread pudding is cold when put in oven, and cover top with foil after 45 minutes to prevent overbrowning.

Nutrition Facts

PROTEIN 23.88% **FAT 54.67%** **CARBS 21.45%**

Properties

Glycemic Index:44.29, Glycemic Load:22.66, Inflammation Score:-10, Nutrition Score:38.87347843336%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 753.13kcal (37.66%), Fat: 45.65g (70.23%), Saturated Fat: 21.99g (137.47%), Carbohydrates: 40.32g (13.44%), Net Carbohydrates: 37.83g (13.75%), Sugar: 12.96g (14.4%), Cholesterol: 284.13mg (94.71%), Sodium: 2198.32mg (95.58%), Alcohol: 0g (100%), Protein: 44.86g (89.72%), Vitamin K: 152.26µg (145.01%), Vitamin A: 4002.42IU (80.05%), Phosphorus: 723.86mg (72.39%), Selenium: 46.75µg (66.79%), Calcium: 629.42mg (62.94%), Vitamin B1: 0.89mg (59.02%), Vitamin B2: 0.92mg (53.97%), Vitamin B12: 3.18µg (53.05%), Folate: 147.52µg (36.88%), Zinc: 5.43mg (36.18%), Vitamin C: 28.76mg (34.86%), Manganese: 0.64mg (32.12%), Vitamin B3: 5.8mg (29%), Vitamin B6: 0.56mg (27.77%), Potassium: 825.23mg (23.58%), Iron: 4.24mg (23.53%), Vitamin B5: 2.29mg (22.92%), Magnesium: 89.2mg (22.3%), Vitamin D: 2.88µg (19.22%), Vitamin E: 2.25mg (15.02%), Copper: 0.25mg (12.53%), Fiber: 2.49g (9.97%)