



## Healthier Bread Pudding II

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



267 kcal

DESSERT

### Ingredients

- 1 large apples peeled chopped
- 6 slices day-old bread whole wheat
- 2 tablespoons butter melted
- 4 eggs beaten
- 1 teaspoon ground cinnamon
- 2 cups milk low-fat
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

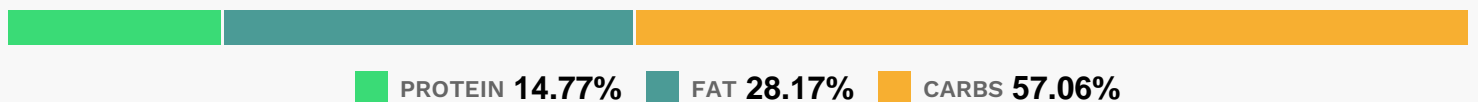
## Equipment

- oven
- knife
- mixing bowl
- baking pan
- roasting pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Break bread into small pieces into an 8-inch square baking dish.
- Mix in raisins and apple.
- Drizzle with melted butter.
- Combine eggs, milk, sugar, cinnamon, and vanilla extract in a mixing bowl. Beat until well mixed.
- Pour over bread and lightly push down with a fork until bread is covered and soaking up egg mixture.
- Bring a kettle of water to a boil.
- Place bread pudding baking dish into a large roasting pan. Carefully pour boiling water around pan.
- Bake in preheated oven until a knife inserted into the middle of pudding comes out mostly clean, about 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:37.8, Glycemic Load:20.24, Inflammation Score:-4, Nutrition Score:10.807391291079%

## Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## **Nutrients (% of daily need)**

Calories: 266.59kcal (13.33%), Fat: 8.44g (12.98%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 38.45g (12.82%), Net Carbohydrates: 35.7g (12.98%), Sugar: 25.84g (28.71%), Cholesterol: 123.09mg (41.03%), Sodium: 228.97mg (9.96%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 9.95g (19.9%), Manganese: 0.68mg (34.09%), Selenium: 18.04µg (25.77%), Phosphorus: 203.93mg (20.39%), Vitamin B2: 0.31mg (17.99%), Calcium: 168.12mg (16.81%), Vitamin B12: 0.75µg (12.48%), Vitamin B1: 0.17mg (11.52%), Fiber: 2.75g (11%), Vitamin D: 1.45µg (9.68%), Vitamin B5: 0.95mg (9.55%), Magnesium: 36.75mg (9.19%), Vitamin A: 451.1IU (9.02%), Vitamin B6: 0.17mg (8.68%), Zinc: 1.24mg (8.25%), Potassium: 279.2mg (7.98%), Iron: 1.31mg (7.29%), Folate: 28.4µg (7.1%), Vitamin B3: 1.39mg (6.97%), Copper: 0.1mg (4.9%), Vitamin E: 0.66mg (4.39%), Vitamin K: 3.6µg (3.43%), Vitamin C: 1.72mg (2.09%)