



Herbed Bread Pudding

READY IN



115 min.

SERVINGS



6

CALORIES



615 kcal

Ingredients

- ☐ 3 cups day-old bread cut into 1/2-inch chunks (if you are a crust person leave it all)
- ☐ 1 pinch cayenne pepper
- ☐ 6 eggs
- ☐ 0.3 cup herbs fresh finely chopped (I like a mixture of parsley, oregano and chives)
- ☐ 0.8 cup gruyère cheese finely grated
- ☐ 1 cup heavy cream
- ☐ 6 servings kosher salt
- ☐ 1 cup milk

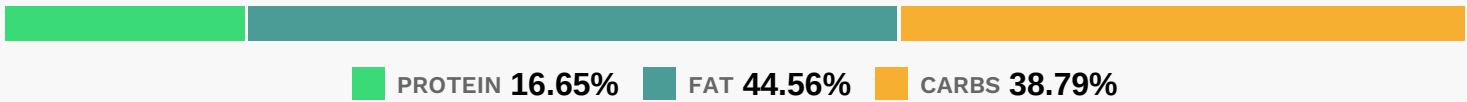
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Special equipment: 6-cup muffin tin
- ☐ Preheat the oven to 325 degrees F.
- ☐ In a large bowl, beat the eggs to a homogeneous mixture.
- ☐ Whisk in the milk, cream, gruyere and cayenne.
- ☐ Sprinkle the mixture with salt. Toss in the herbs and bread and let sit for 1 hour. Spray the muffin tin with nonstick spray and divide the cream-bread mixture into 6 individual portions.
- ☐ Place the muffin tin on a sheet tray and bake for 30 to 35 minutes. Check halfway through the baking process and rotate the tray.
- ☐ Let the puddings rest for 10 minutes before serving.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.78, Glycemic Load:30.94, Inflammation Score:-8, Nutrition Score:27.035217388817%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 615.41kcal (30.77%), Fat: 30.52g (46.95%), Saturated Fat: 15.2g (95.02%), Carbohydrates: 59.76g (19.92%), Net Carbohydrates: 54.94g (19.98%), Sugar: 10.14g (11.26%), Cholesterol: 231.53mg (77.18%), Sodium: 961.18mg (41.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.31%), Selenium: 51.94µg (74.19%),

Manganese: 1.43mg (71.6%), Vitamin K: 48.78µg (46.46%), Calcium: 418.95mg (41.9%), Phosphorus: 405.12mg (40.51%), Vitamin B2: 0.68mg (39.91%), Vitamin B1: 0.55mg (36.44%), Vitamin B3: 6.77mg (33.83%), Folate: 128.28µg (32.07%), Iron: 5.25mg (29.19%), Vitamin A: 1262.9IU (25.26%), Vitamin B5: 2mg (20%), Fiber: 4.82g (19.28%), Zinc: 2.73mg (18.21%), Magnesium: 68.66mg (17.16%), Vitamin B12: 0.94µg (15.64%), Vitamin D: 2.06µg (13.74%), Vitamin B6: 0.26mg (13.04%), Copper: 0.22mg (11.04%), Potassium: 353.79mg (10.11%), Vitamin E: 1.14mg (7.61%), Vitamin C: 3.81mg (4.62%)