



Italian Bread Pudding

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



389 kcal

Ingredients

- ☐ 6 servings basil fresh
- ☐ 1 cup cheddar cheese grated
- ☐ 8 slices bacon fully cooked chopped
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1 teaspoon basil dried
- ☐ 5 large eggs
- ☐ 0.1 tsp ground pepper red
- ☐ 1 cup milk
- ☐ 9.5 oz monterrey jack cheese frozen chopped

- ☐ 1.3 cups plum tomatoes seeded chopped
- ☐ 0.8 teaspoon salt

Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk together first 6 ingredients until blended.
- ☐ Layer half of Texas toast in a lightly greased 11- x 7-inch baking dish; sprinkle with half each of tomatoes, bacon, and cheese. Repeat layers once.
- ☐ Pour egg mixture over toast and cheese. Cover and chill 4 to 24 hours.
- ☐ Preheat oven to 32
- ☐ Bake casserole 50 to 55 minutes or until center is set.
- ☐ Let stand 5 minutes before serving.
- ☐ Garnish, if desired.
- ☐ *1 1/4 cups egg substitute may be substituted.
- ☐ Note: For testing purposes only, we used Pepperidge Farm Mozzarella and Monterey Jack Texas Toast.
- ☐ Texas Toast Bread Pudding: Omit dried basil, tomatoes, and bacon. Proceed with recipe as directed.
- ☐ Sausage
- ☐ Roll Casserole: Omit dried basil, tomatoes, and bacon. Increase cheese to 1 1/2 cups. Substitute 1 (18-oz.) package frozen sausage wrap rolls for Texas toast. Break apart sausage rolls; cut each roll crosswise into thirds, cutting across sausage. Proceed with recipe as directed.
- ☐ Note: For testing purposes only, we used Sister Schubert's Sausage Wrap
- ☐ Rolls.

Nutrition Facts



 **PROTEIN 26.96%**  **FAT 67.6%**  **CARBS 5.44%**

Properties

Glycemic Index:44, Glycemic Load:1.45, Inflammation Score:-7, Nutrition Score:16.759565311929%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 388.77kcal (19.44%), Fat: 29.18g (44.89%), Saturated Fat: 15.55g (97.2%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 4.53g (1.65%), Sugar: 3.72g (4.14%), Cholesterol: 229.22mg (76.41%), Sodium: 953.43mg (41.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.18g (52.36%), Calcium: 555.76mg (55.58%), Phosphorus: 465.38mg (46.54%), Selenium: 31.25µg (44.64%), Vitamin B2: 0.54mg (31.97%), Vitamin A: 1362.53IU (27.25%), Vitamin B12: 1.28µg (21.31%), Zinc: 3.19mg (21.27%), Vitamin K: 16.92µg (16.12%), Vitamin B6: 0.25mg (12.39%), Vitamin D: 1.71µg (11.37%), Vitamin B5: 1.13mg (11.35%), Folate: 41.02µg (10.25%), Potassium: 352.38mg (10.07%), Magnesium: 38.94mg (9.74%), Vitamin B1: 0.13mg (8.86%), Vitamin C: 7.15mg (8.66%), Iron: 1.56mg (8.64%), Vitamin B3: 1.57mg (7.87%), Vitamin E: 1.08mg (7.17%), Manganese: 0.12mg (6.23%), Copper: 0.1mg (5.19%), Fiber: 0.75g (3%)