



Jam and Bread Pudding

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



741 kcal

DESSERT

Ingredients

- ☐ 1 loaf day-old brioche sliced
- ☐ 0.8 cup confectioners' sugar
- ☐ 4 large eggs
- ☐ 6 servings strawberries fresh for garnish
- ☐ 0.8 cup strawberry preserves
- ☐ 0.5 cup sugar
- ☐ 6 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract

☐ 2.5 cups milk whole

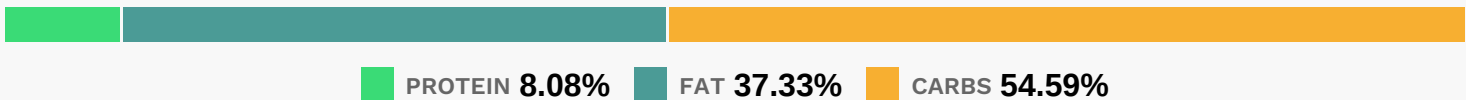
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ glass baking pan

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Butter a 9 by 13-inch glass baking dish. Arrange half of the brioche along the bottom of the dish, and cut or tear the slices to fit.
- ☐ Spread 3/4 cup of the jam on top and cover with the remaining bread.
- ☐ Whisk the eggs, sugar, 2 1/2 cups of the milk, and the vanilla together; pour over the bread. Press to soak and brush the top with 4 tablespoons of the melted butter. Cover with foil and bake for 15 minutes.
- ☐ Remove the foil and continue baking for 15 minutes longer or until the pudding is set.
- ☐ Remove from the oven.
- ☐ Preheat the broiler. In a bowl, whisk the remaining 1 tablespoon of milk with the confectioners' sugar. Stir in the remaining melted butter and jam until the mixture is smooth.
- ☐ Spread the mixture over the top of the pudding, place under the broiler, and broil until the glaze is golden.
- ☐ Serve hot or warm, garnished with fresh strawberries.

Nutrition Facts



Properties

Glycemic Index:33.85, Glycemic Load:32.56, Inflammation Score:-7, Nutrition Score:16.705217278522%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 740.81kcal (37.04%), Fat: 31.27g (48.11%), Saturated Fat: 17.46g (109.14%), Carbohydrates: 102.89g (34.3%), Net Carbohydrates: 99.54g (36.2%), Sugar: 64.06g (71.18%), Cholesterol: 263.2mg (87.73%), Sodium: 362.04mg (15.74%), Alcohol: 0.23g (100%), Alcohol %: 0.07% (100%), Protein: 15.24g (30.47%), Vitamin C: 88.41mg (107.17%), Manganese: 0.59mg (29.48%), Vitamin A: 1197.47IU (23.95%), Vitamin B2: 0.37mg (21.65%), Phosphorus: 214.72mg (21.47%), Calcium: 211.36mg (21.14%), Selenium: 13.92µg (19.89%), Vitamin B12: 0.87µg (14.49%), Folate: 55.32µg (13.83%), Fiber: 3.35g (13.39%), Vitamin D: 2µg (13.3%), Potassium: 456.52mg (13.04%), Vitamin B5: 1.09mg (10.94%), Iron: 1.97mg (10.94%), Vitamin B6: 0.2mg (9.77%), Magnesium: 36.98mg (9.24%), Vitamin E: 1.19mg (7.96%), Vitamin B1: 0.11mg (7.49%), Zinc: 1.09mg (7.27%), Copper: 0.14mg (7.08%), Vitamin K: 4.55µg (4.34%), Vitamin B3: 0.71mg (3.56%)