



Lemon-Blueberry Bread Pudding in a Jar



Vegetarian



Popular

READY IN



35 min.

SERVINGS



12

CALORIES



471 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons agave nectar
- ☐ 1.5 cups blueberries fresh
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup mascarpone cheese (or mascarpone cheese)
- ☐ 4 large eggs
- ☐ 0.8 cup heavy whipping cream
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 lemon zest

- ☐ 1 pound bread crumbs stale (preferably)
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 3 cups milk whole 2% (I used)

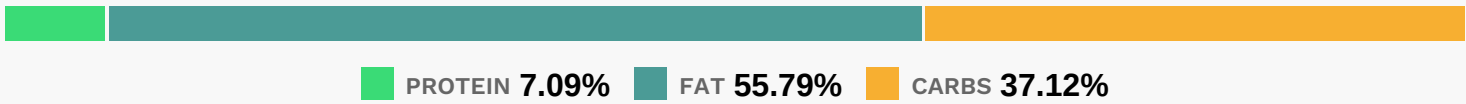
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°. Grease twelve 8-ounce jars. cut the bread into 1½ inch cubes, place in a large bowl, and set aside.In a large bowl, beat the eggs and mix in the sugar and cheese.
- ☐ Add the milk, vanilla, lemon zest, and lemon juice and beat until evenly combined. Stir in the melted butter.
- ☐ Pour the milk and egg mixture over the bread cubes and stir until all the pieces of bread are completely soaked. Allow the bread to sit for 20 minutes.Stir the blueberries into the pudding mixture and immediately spoon into the jars, filling each only half full.
- ☐ Place the jars on a large baking sheet 2 inches apart.
- ☐ Bake for 30 to 35 minutes, until the tops of the puddings are evenly browned.
- ☐ Remove from the oven, set on a clean, dry towel, and let rest 15–20 minutes. Just before serving, pour the cream and agave nectar into a lidded jar and shake to combine.
- ☐ Drizzle over the top of the bread puddings and serve.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:13.8, Inflammation Score:-4, Nutrition Score:6.8269565053608%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 471.34kcal (23.57%), Fat: 29.43g (45.28%), Saturated Fat: 16.76g (104.78%), Carbohydrates: 44.06g (14.69%), Net Carbohydrates: 42.24g (15.36%), Sugar: 34.84g (38.71%), Cholesterol: 103.03mg (34.34%), Sodium: 219.27mg (9.53%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 8.42g (16.84%), Vitamin B2: 0.24mg (14.01%), Vitamin A: 636.46IU (12.73%), Phosphorus: 120.43mg (12.04%), Calcium: 110.21mg (11.02%), Selenium: 6.91µg (9.87%), Vitamin B3: 1.88mg (9.41%), Folate: 34.1µg (8.53%), Vitamin B12: 0.51µg (8.46%), Vitamin D: 1.24µg (8.28%), Fiber: 1.82g (7.3%), Vitamin B1: 0.11mg (7.08%), Potassium: 228.36mg (6.52%), Iron: 1.17mg (6.49%), Vitamin B5: 0.55mg (5.5%), Vitamin K: 4.9µg (4.67%), Magnesium: 18.16mg (4.54%), Vitamin B6: 0.09mg (4.28%), Zinc: 0.61mg (4.09%), Vitamin E: 0.55mg (3.65%), Vitamin C: 2.97mg (3.6%), Manganese: 0.07mg (3.59%), Copper: 0.03mg (1.36%)