



Lemon Bread Pudding

READY IN



70 min.

SERVINGS



9

CALORIES



912 kcal

DESSERT

Ingredients

- 0.5 cup sugar
- 0.5 teaspoon vanilla
- 6 eggs
- 2 cups milk
- 10 cups bread french cubed (ten 1-inch slices)
- 15.8 oz jell-o lemon flavor pudding & pie filling or any fruit pie filling canned
- 1 cup cool whip frozen thawed
- 0.5 cup frangelico

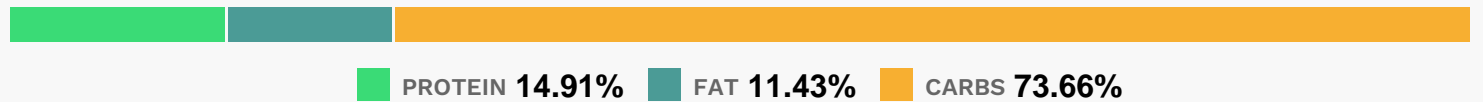
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Heat oven to 350°F. Generously grease bottom and side of 3-quart casserole with shortening or cooking spray. In large bowl, beat sugar, vanilla and eggs with wire whisk until blended. Stir in Bisquick mix and milk. Stir in bread cubes until coated.
- Spoon half of the bread mixture into casserole. Spoon 1 cup of the pie filling randomly over bread mixture. Top with remaining bread mixture.
- Bake 45 to 50 minutes or until golden brown and knife inserted in center comes out clean. In small bowl, mix remaining pie filling and the whipped topping.
- Serve warm pudding with whipped topping mixture. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.95, Glycemic Load:113.89, Inflammation Score:-8, Nutrition Score:34.406521776448%

Nutrients (% of daily need)

Calories: 912.31kcal (45.62%), Fat: 11.62g (17.87%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 168.5g (56.17%), Net Carbohydrates: 162.69g (59.16%), Sugar: 41.25g (45.84%), Cholesterol: 125.39mg (41.8%), Sodium: 1773.44mg (77.11%), Alcohol: 0.08g (100%), Alcohol %: 0.02% (100%), Protein: 34.12g (68.23%), Vitamin B1: 1.92mg (128.06%), Selenium: 85.53µg (122.19%), Folate: 338.54µg (84.64%), Vitamin B2: 1.39mg (81.49%), Manganese: 1.39mg (69.44%), Vitamin B3: 12.78mg (63.9%), Iron: 10.8mg (60%), Phosphorus: 394.54mg (39.45%), Magnesium: 94.84mg (23.71%), Fiber: 5.82g (23.27%), Calcium: 228.95mg (22.9%), Zinc: 3.36mg (22.41%), Copper: 0.42mg (21.19%), Vitamin B6: 0.37mg (18.73%), Vitamin B5: 1.53mg (15.3%), Potassium: 438.93mg (12.54%), Vitamin B12: 0.68µg (11.29%), Vitamin D: 1.18µg (7.89%), Vitamin E: 0.89mg (5.96%), Vitamin A: 260.82IU (5.22%), Vitamin K: 2.12µg (2.02%)