



Mango Bread Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



523 kcal

DESSERT

Ingredients

- ☐ 6 slices country bread cut into 1/2-inch cubes (6 cups)
- ☐ 3 large eggs
- ☐ 2 teaspoons ground cardamom
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup heavy cream
- ☐ 2 large mangoes frozen thawed pitted peeled cut into 1/2-inch cubes, 10-ounce bags mangoes,
- ☐ 4 tablespoons butter salted
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons vanilla extract

- ☐ 6 servings whipped cream for serving
- ☐ 2 cups milk whole

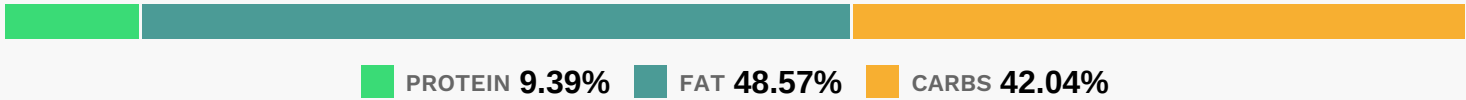
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F. Butter a 9-by-11-inch ceramic baking dish.
- ☐ In a medium saucepan combine the butter, milk, cream, sugar, vanilla, cardamom, and ginger and simmer over low heat, stirring occasionally, until the butter melts and the milk is hot.
- ☐ Remove from the heat and set aside to cool slightly for about 4 to 5 minutes.
- ☐ In a small bowl, whisk the eggs and then whisk them steadily into the milk mixture. Continue whisking until blended.
- ☐ Combine the mangoes and bread in a large bowl and mix well.
- ☐ Transfer to the baking dish and pour the milk mixture evenly over the top. Make sure all of the bread pieces are soaked with the mixture, and let sit for 5 minutes.
- ☐ Bake for 45 to 50 minutes, until bubbly and brown.
- ☐ Serve warm but not hot, with whipped cream or vanilla ice cream.
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Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:30.37, Inflammation Score:-8, Nutrition Score:17.157826091932%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 523.45kcal (26.17%), Fat: 28.6g (43.99%), Saturated Fat: 16.41g (102.55%), Carbohydrates: 55.7g (18.57%), Net Carbohydrates: 52.78g (19.19%), Sugar: 40.91g (45.45%), Cholesterol: 174.28mg (58.09%), Sodium: 318.15mg (13.83%), Alcohol: 0.46g (100%), Alcohol %: 0.19% (100%), Protein: 12.43g (24.87%), Vitamin A: 1816.65IU (36.33%), Manganese: 0.69mg (34.71%), Vitamin C: 25.83mg (31.31%), Vitamin B2: 0.53mg (31.02%), Selenium: 19.83µg (28.32%), Phosphorus: 262.3mg (26.23%), Calcium: 259.63mg (25.96%), Folate: 69.64µg (17.41%), Vitamin B12: 0.97µg (16.11%), Vitamin B5: 1.5mg (14.99%), Vitamin B1: 0.22mg (14.87%), Potassium: 478.38mg (13.67%), Vitamin B6: 0.25mg (12.41%), Vitamin D: 1.84µg (12.29%), Fiber: 2.92g (11.68%), Vitamin B3: 2.27mg (11.35%), Magnesium: 44.35mg (11.09%), Zinc: 1.59mg (10.57%), Vitamin E: 1.57mg (10.5%), Iron: 1.8mg (10.02%), Copper: 0.16mg (8%), Vitamin K: 6.08µg (5.79%)