



## Mango Bread Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



191 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 eggs lightly beaten
- ☐ 1.5 teaspoons ground cardamom
- ☐ 2 mangos diced peeled seeded
- ☐ 2 cups milk
- ☐ 0.3 cup splenda® no calorie sweetener
- ☐ 1.5 teaspoons vanilla extract
- ☐ 6 slices bread white

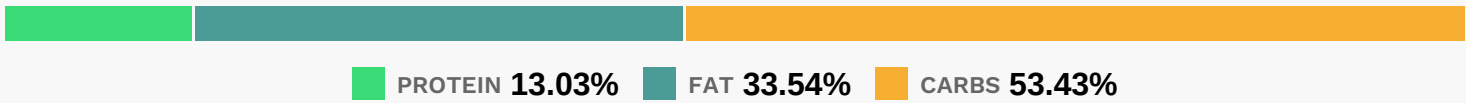
# Equipment

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

# Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Butter a 9x11 inch baking dish.
- ☐ Toss together the pieces of bread and mango, and place in the prepared baking dish. In a medium bowl, whisk together the SPLENDA® Granulated Sweetener, eggs, milk, vanilla and cardamom.
- ☐ Pour over the bread. Dot with small pieces of butter.
- ☐ Bake for 45 to 50 minutes in the preheated oven, or until slightly puffed and golden brown.

# Nutrition Facts



# Properties

Glycemic Index:33.69, Glycemic Load:14.11, Inflammation Score:-6, Nutrition Score:8.9426086881886%

# Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

# Nutrients (% of daily need)

Calories: 191.29kcal (9.56%), Fat: 7.26g (11.16%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 24.64g (8.96%), Sugar: 16.2g (18%), Cholesterol: 76.22mg (25.41%), Sodium: 159.21mg (6.92%), Alcohol: 0.26g (100%), Alcohol %: 0.21% (100%), Protein: 6.34g (12.69%), Vitamin C: 18.92mg (22.93%), Vitamin A: 835.51IU (16.71%), Selenium: 10.92µg (15.6%), Vitamin B2: 0.23mg (13.34%), Calcium: 131.88mg (13.19%), Manganese:

0.26mg (12.87%), Folate: 50.92µg (12.73%), Phosphorus: 124.26mg (12.43%), Vitamin B1: 0.15mg (10.09%), Vitamin B12: 0.48µg (8.04%), Vitamin B6: 0.15mg (7.26%), Vitamin B5: 0.69mg (6.87%), Vitamin D: 1µg (6.67%), Vitamin B3: 1.32mg (6.62%), Potassium: 229.54mg (6.56%), Iron: 1.06mg (5.86%), Fiber: 1.36g (5.46%), Vitamin E: 0.79mg (5.28%), Magnesium: 20.56mg (5.14%), Copper: 0.1mg (4.76%), Zinc: 0.71mg (4.71%), Vitamin K: 2.69µg (2.56%)