



Mango-Coconut Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



713 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all-natural apricot nectar
- ☐ 6 cups bread french cubed (1-inch) (6 slices)
- ☐ 1 teaspoon cornstarch
- ☐ 1 large egg whites
- ☐ 2 large eggs
- ☐ 5 ounce evaporated milk fat-free canned
- ☐ 1 cup skim milk fat-free
- ☐ 0.3 cup honey
- ☐ 14 ounce lite coconut milk light canned

- ☐ 0.5 pound mangos diced ripe peeled
- ☐ 1 tablespoon stick margarine
- ☐ 0.5 cup sugar
- ☐ 0.3 cup coconut sweetened flaked toasted
- ☐ 1 teaspoon vanilla extract

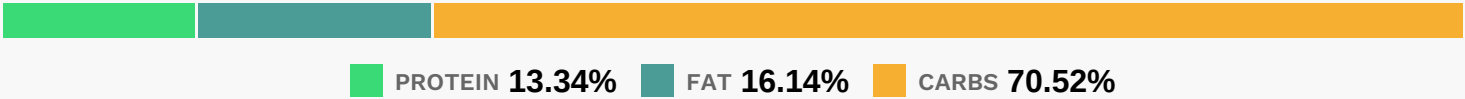
Equipment

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

Directions

- ☐ Preheat oven to 350
- ☐ To prepare bread pudding, combine first 6 ingredients in a large bowl. Stir in bread and mango.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Pour mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 1 hour.
- ☐ Sprinkle with coconut.
- ☐ Bake an additional 10 minutes or until set.
- ☐ Let stand 30 minutes before serving.
- ☐ To prepare sauce, combine sugar and nectar in a small saucepan. Bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Remove from heat; stir in butter.
- ☐ Combine the cornstarch and evaporated milk in a small bowl.
- ☐ Add cornstarch mixture to nectar mixture. Bring to a boil over medium heat; cook 1 minute, stirring constantly.
- ☐ Serve warm over bread pudding.

Nutrition Facts



Properties

Glycemic Index:35.98, Glycemic Load:86.73, Inflammation Score:-8, Nutrition Score:27.059130658274%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 713.36kcal (35.67%), Fat: 12.83g (19.74%), Saturated Fat: 6.74g (42.1%), Carbohydrates: 126.14g (42.05%), Net Carbohydrates: 121.4g (44.14%), Sugar: 39.36g (43.73%), Cholesterol: 52.56mg (17.52%), Sodium: 1194.73mg (51.94%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 23.86g (47.71%), Vitamin B1: 1.31mg (87.03%), Selenium: 57.34µg (81.91%), Folate: 238.95µg (59.74%), Vitamin B2: 0.95mg (55.85%), Manganese: 1mg (50.06%), Vitamin B3: 8.88mg (44.41%), Iron: 7.36mg (40.86%), Phosphorus: 289.36mg (28.94%), Calcium: 192.26mg (19.23%), Fiber: 4.74g (18.97%), Magnesium: 72.16mg (18.04%), Vitamin C: 13.82mg (16.75%), Copper: 0.33mg (16.61%), Zinc: 2.36mg (15.74%), Vitamin B6: 0.28mg (13.97%), Vitamin A: 682.81IU (13.66%), Potassium: 411.11mg (11.75%), Vitamin B5: 1.09mg (10.94%), Vitamin E: 0.89mg (5.92%), Vitamin B12: 0.32µg (5.38%), Vitamin D: 0.6µg (4.03%), Vitamin K: 2.7µg (2.57%)