



## Maple-Flavored Bread Pudding

READY IN



35 min.

SERVINGS



6

CALORIES



276 kcal

### Ingredients

- 3 eggs
- 0.8 cup milk
- 0.8 cup pancake syrup
- 0.3 cup planters pecans chopped
- 0.5 cup cool whip whipped topping thawed
- 6 slices bread white toasted cut into 1-inch pieces ( 2-1/2 cups)

### Equipment

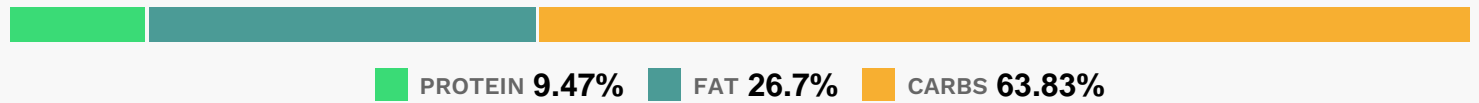
- bowl
- sauce pan

- oven
- whisk
- casserole dish

## Directions

- Preheat oven to 400F. Bring syrup and milk just to boil in small saucepan on medium heat, stirring occasionally.
- Remove from heat; set aside. Beat eggs in large bowl with wire whisk or fork until well blended. Gradually add hot syrup mixture, beating until well blended after each addition. Stir in toasted bread cubes and the pecans.
- Pour into greased 1-qt. casserole dish.
- Bake 20 min. or until center of pudding is set.
- Serve warm topped with the whipped topping.

## Nutrition Facts



## Properties

Glycemic Index:20.46, Glycemic Load:9.33, Inflammation Score:-2, Nutrition Score:7.2604347643969%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

## Nutrients (% of daily need)

Calories: 276.31kcal (13.82%), Fat: 8.38g (12.9%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 44.14g (16.05%), Sugar: 4.52g (5.02%), Cholesterol: 87.2mg (29.07%), Sodium: 205.17mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.39%), Selenium: 13.72µg (19.59%), Manganese: 0.37mg (18.74%), Vitamin B2: 0.22mg (12.77%), Vitamin B1: 0.19mg (12.36%), Phosphorus: 122.6mg (12.26%), Calcium: 110.7mg (11.07%), Folate: 39.19µg (9.8%), Copper: 0.18mg (8.98%), Iron: 1.37mg (7.62%), Vitamin B3: 1.3mg (6.5%), Vitamin B5: 0.63mg (6.3%), Vitamin B12: 0.37µg (6.22%), Zinc: 0.84mg (5.58%), Vitamin D: 0.78µg (5.17%),

Magnesium: 19.27mg (4.82%), Vitamin B6: 0.09mg (4.45%), Vitamin A: 199.41IU (3.99%), Fiber: 0.97g (3.88%),  
Potassium: 129.77mg (3.71%), Vitamin E: 0.39mg (2.6%)