



Marian's Savory Vegetable Bread Pudding

READY IN



65 min.

SERVINGS



6

CALORIES



309 kcal

Ingredients

- ☐ 3 cups ciabatta bread cubed 1-inch cubes
- ☐ 2 teaspoons dijon mustard
- ☐ 6 large eggs
- ☐ 8 oz mushrooms fresh sliced
- ☐ 1 teaspoon garlic minced
- ☐ 1 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 1.5 cups parmesan cheese divided freshly grated
- ☐ 0.8 teaspoon pepper

- ☐ 1 bell pepper red chopped
- ☐ 1.3 teaspoons salt
- ☐ 1 lb swiss chard

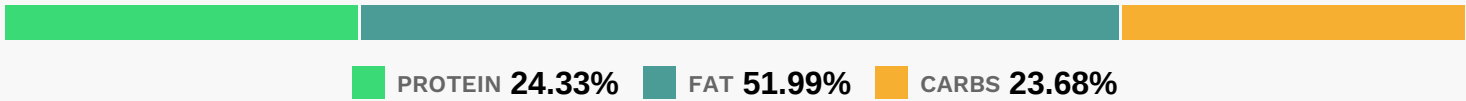
Equipment

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

Directions

- ☐ Preheat oven to 350
- ☐ Remove and discard ribs from Swiss chard. Rinse with cold water; drain and coarsely chop.
- ☐ Whisk together eggs and next 4 ingredients in a large bowl; stir in bread and half of cheese.
- ☐ Saut mushrooms and next 3 ingredients in hot oil in a large skillet over medium-high heat 8 minutes. Stir in Swiss chard, and saut 2 minutes. Fold vegetable mixture into egg mixture.
- ☐ Pour into a lightly greased 11- x 7-inch baking dish.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake at 350 for 35 to 40 minutes or until center is set.
- ☐ Let stand 5 minutes.
- ☐ Okra-Tomato Casserole: Omit mushrooms and Swiss chard. Substitute shredded Monterey Jack cheese for Parmesan cheese, 1 1/2 tsp. Cajun seasoning for salt, and green bell pepper for red bell pepper. Reduce pepper to 1/2 tsp. Prepare recipe as directed in Step 2, adding 2 Tbsp. chopped fresh flat-leaf parsley and 2 medium tomatoes, chopped, with bread. Proceed with recipe as directed, sauting 2 cups sliced okra with onion 8 to 10 minutes in Step

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:28.054348074872%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 4.47mg, Kaempferol: 4.47mg, Kaempferol: 4.47mg, Kaempferol: 4.47mg Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 309.36kcal (15.47%), Fat: 18.24g (28.06%), Saturated Fat: 6.96g (43.52%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 16.18g (5.88%), Sugar: 5.1g (5.66%), Cholesterol: 212.63mg (70.88%), Sodium: 1259.77mg (54.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.41%), Vitamin K: 632.44µg (602.32%), Vitamin A: 5799.56IU (115.99%), Vitamin C: 49.89mg (60.47%), Selenium: 29.8µg (42.57%), Phosphorus: 377.36mg (37.74%), Vitamin B2: 0.61mg (36.06%), Calcium: 346.19mg (34.62%), Magnesium: 89.18mg (22.29%), Manganese: 0.42mg (20.85%), Vitamin E: 3.1mg (20.68%), Potassium: 649.58mg (18.56%), Vitamin B5: 1.78mg (17.84%), Vitamin B12: 1.02µg (16.95%), Zinc: 2.45mg (16.35%), Vitamin B6: 0.32mg (16.2%), Copper: 0.32mg (15.81%), Iron: 2.74mg (15.2%), Folate: 53.52µg (13.38%), Vitamin D: 1.65µg (10.99%), Fiber: 2.5g (10.01%), Vitamin B3: 1.99mg (9.95%), Vitamin B1: 0.13mg (8.73%)