



## Mexican Bread Pudding

READY IN



90 min.

SERVINGS



30

CALORIES



141 kcal

DESSERT

### Ingredients

- 0.5 cup planters almonds toasted sliced
- 1 lb bread baguette french cut into 1-inch cubes
- 0.5 cup butter melted
- 1 cinnamon sticks
- 1.5 cups low-moisture part-skim mozzarella cheese shredded kraft
- 2 Tbsp parmesan cheese kraft
- 0.8 lb piloncillo coarsely chopped (Mexican brown loaf sugar)
- 0.5 cup raisins
- 5 cups water

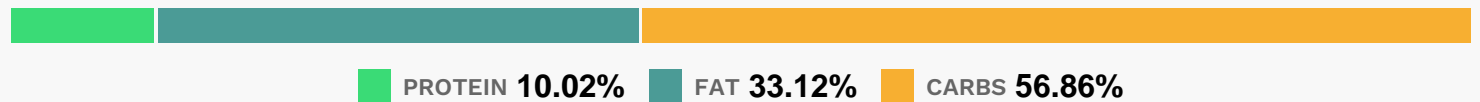
## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- Bring water, piloncillo, cinnamon and cloves to boil in medium saucepan; simmer on medium heat 20 min. or until syrup-like consistency, stirring occasionally.
- Remove from heat; keep warm.
- Heat oven to 350F. Toss bread cubes with butter; spread onto baking sheet.
- Bake 10 min.
- Transfer to large bowl.
- Add raisins and nuts; mix lightly. Strain syrup; discard cinnamon stick and cloves.
- Add syrup to bread mixture; mix well.
- Let stand 10 min., stirring frequently. Meanwhile, combine cheeses.
- Spoon half the bread mixture into 2-qt. casserole; sprinkle with half the cheese mixture. Repeat layers; cover.
- Bake 25 min. or until cheese is melted and golden brown, uncovering the last 5 min.

## Nutrition Facts



## Properties

Glycemic Index:7.71, Glycemic Load:7.09, Inflammation Score:-2, Nutrition Score:3.3421739336589%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin:

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## **Nutrients (% of daily need)**

Calories: 140.6kcal (7.03%), Fat: 5.19g (7.99%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 19.31g (7.02%), Sugar: 10.56g (11.73%), Cholesterol: 11.94mg (3.98%), Sodium: 158.03mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin B1: 0.11mg (7.64%), Selenium: 5.32µg (7.61%), Manganese: 0.14mg (7.09%), Calcium: 66.89mg (6.69%), Vitamin B2: 0.11mg (6.23%), Phosphorus: 54.29mg (5.43%), Folate: 19.99µg (5%), Iron: 0.82mg (4.57%), Vitamin B3: 0.82mg (4.11%), Vitamin E: 0.52mg (3.49%), Fiber: 0.75g (3%), Magnesium: 11.68mg (2.92%), Copper: 0.05mg (2.71%), Zinc: 0.38mg (2.55%), Vitamin A: 124.44IU (2.49%), Potassium: 55.29mg (1.58%), Vitamin B6: 0.03mg (1.37%)