



## Mushroom and Fennel Bread Pudding

READY IN



70 min.

SERVINGS



10

CALORIES



324 kcal

### Ingredients

- 10 servings pepper black freshly ground
- 0.7 cup celery finely chopped (from 2 medium stalks)
- 8 cups ciabatta bread country-style
- 4 cups crimini mushrooms coarsely chopped
- 4 large eggs
- 2 cups fennel bulb coarsely chopped (from 1 medium bulb)
- 1 teaspoon sage fresh finely chopped
- 2 cups cup heavy whipping cream
- 10 servings kosher salt
- 1 tablespoon parsley fresh italian finely chopped

- 3 ounces pecorino cheese such as gran pecorino (not pecorino romano) grated
- 3 tablespoons butter unsalted plus more for coating the baking dish
- 1 cup vegetable broth low-sodium
- 0.8 cup onion white coarsely chopped

## Equipment

- bowl
- frying pan
- oven
- whisk
- pot
- baking pan
- roasting pan

## Directions

- Melt the butter in a large frying pan over medium heat. When it foams, add the onion, season well with salt and pepper, and cook until soft, about 3 minutes.
- Add the mushrooms, fennel, and celery; season well with salt and pepper; and cook, stirring occasionally, until softened and the mushroom juices have reduced, about 10 minutes.
- Remove from the heat and let cool slightly in the pan, at least 10 minutes.
- Heat the oven to 375°F and arrange a rack in the middle. Coat a 13-by-9-inch baking dish with butter and set aside.
- Whisk together the cream, chicken broth, and eggs in a large bowl until smooth.
- Add the bread, cooled vegetables, cheese, and herbs to the cream mixture and stir until the bread is well coated. Season well with salt and pepper, then turn into the prepared baking dish. Allow the bread to soak until well saturated, at least 15 minutes. Meanwhile, bring about 10 cups of water to a simmer over high heat in a large pot. Once the bread has soaked and the water is simmering, set the baking dish in a large roasting pan and add enough hot water to reach halfway up the sides of the dish.
- Bake until the custard is set and the top is lightly browned, about 50 minutes.
- Serve warm or at room temperature.

# Nutrition Facts

PROTEIN 11.81% FAT 68.16% CARBS 20.03%

## Properties

Glycemic Index:19.5, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:11.155217305474%

## Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Apigenin: 1.05mg, Apigenin: 1.05mg, Apigenin: 1.05mg, Apigenin: 1.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

## Nutrients (% of daily need)

Calories: 324.42kcal (16.22%), Fat: 25.04g (38.53%), Saturated Fat: 15.31g (95.7%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 15.14g (5.51%), Sugar: 3.41g (3.79%), Cholesterol: 146.06mg (48.69%), Sodium: 464.22mg (20.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Copper: 0.79mg (39.69%), Selenium: 16.55µg (23.64%), Vitamin B2: 0.37mg (21.67%), Vitamin A: 1036IU (20.72%), Vitamin K: 21.74µg (20.7%), Phosphorus: 181.67mg (18.17%), Calcium: 155.71mg (15.57%), Vitamin B5: 0.98mg (9.75%), Potassium: 321.67mg (9.19%), Vitamin D: 1.3µg (8.64%), Folate: 29.25µg (7.31%), Manganese: 0.14mg (6.91%), Zinc: 0.99mg (6.57%), Vitamin B3: 1.3mg (6.51%), Vitamin B12: 0.39µg (6.42%), Vitamin E: 0.89mg (5.96%), Vitamin B6: 0.12mg (5.9%), Fiber: 1.42g (5.7%), Vitamin C: 4mg (4.85%), Iron: 0.8mg (4.46%), Magnesium: 17.51mg (4.38%), Vitamin B1: 0.06mg (3.86%)