



Mushroom Bread Pudding with Vanilla Lobster Sauce

READY IN



69 min.

SERVINGS



6

CALORIES



1204 kcal

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup celery thinly sliced
- ☐ 0.3 cup bottled clam juice
- ☐ 8 cups torn crusty bread white (not sandwich bread)
- ☐ 4 large eggs lightly beaten
- ☐ 3.5 oz mushroom caps fresh sliced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 Dash ground pepper white
- ☐ 1 cup leeks thinly sliced

- ☐ 6 servings vanilla lobster sauce
- ☐ 0.5 teaspoon salt
- ☐ 6 servings garnish: tarragon fresh
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 cups whipping cream

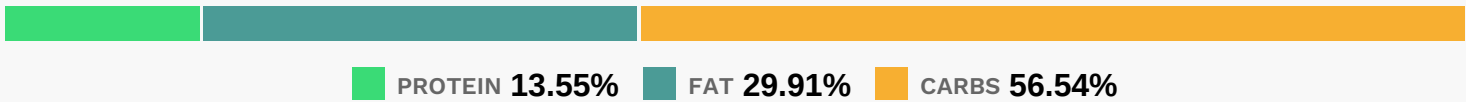
Equipment

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

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add mushrooms, leeks, and celery; saut 7 to 8 minutes or until tender.
- ☐ Combine sauted vegetables and bread in a large bowl; toss well.
- ☐ Combine whipping cream and next 6 ingredients; pour over bread mixture, and toss well. Cover and let soak in refrigerator 30 minutes.
- ☐ Meanwhile, prepare Vanilla Lobster Sauce.
- ☐ Pour bread pudding mixture into a buttered 11" x 7" baking dish.
- ☐ Bake, uncovered, at 350 for 45 minutes or until set and lightly browned.
- ☐ Serve Vanilla Lobster Sauce over bread pudding.
- ☐ Garnish each serving, if desired.

Nutrition Facts



Properties

Glycemic Index:61.08, Glycemic Load:127.37, Inflammation Score:-9, Nutrition Score:42.813912640447%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1203.89kcal (60.19%), Fat: 40.21g (61.85%), Saturated Fat: 21.3g (133.12%), Carbohydrates: 171.02g (57.01%), Net Carbohydrates: 163.1g (59.31%), Sugar: 18.03g (20.04%), Cholesterol: 211.57mg (70.52%), Sodium: 2264.65mg (98.46%), Alcohol: 0.46g (100%), Alcohol %: 0.12% (100%), Protein: 41g (81.99%), Vitamin B1: 2.28mg (152.23%), Selenium: 103.55µg (147.92%), Folate: 424.58µg (106.15%), Vitamin B2: 1.68mg (98.56%), Manganese: 1.88mg (93.79%), Vitamin B3: 16.12mg (80.59%), Iron: 13.74mg (76.34%), Phosphorus: 464.41mg (46.44%), Vitamin A: 1632.81IU (32.66%), Fiber: 7.92g (31.68%), Magnesium: 122.04mg (30.51%), Copper: 0.57mg (28.35%), Zinc: 4.11mg (27.42%), Vitamin B6: 0.54mg (26.76%), Calcium: 249.65mg (24.97%), Vitamin B5: 2.02mg (20.25%), Potassium: 613.98mg (17.54%), Vitamin K: 14.31µg (13.63%), Vitamin E: 1.95mg (13%), Vitamin D: 1.68µg (11.23%), Vitamin B12: 0.41µg (6.85%), Vitamin C: 3.43mg (4.15%)