



Mushroom, Roasted Red Pepper, and Goat Cheese Bread Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

Ingredients

- 0.3 teaspoon pepper black divided
- 6 ounces button mushrooms sliced
- 6 ounces cremini mushrooms sliced
- 1 cup egg substitute
- 0.3 cup parsley fresh chopped
- 1 teaspoon rosemary fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 2 garlic cloves minced
- 5 ounces goat cheese divided crumbled

- 1 cup leek thinly sliced
- 1.5 cups milk 1% low-fat
- 2 teaspoons olive oil
- 12 ounce roasted bell peppers red drained chopped
- 0.5 teaspoon salt divided
- 4 ounces shiitake mushroom caps sliced
- 8 ounces day-old sourdough bread cubed (1-inch) (9 cups)

Equipment

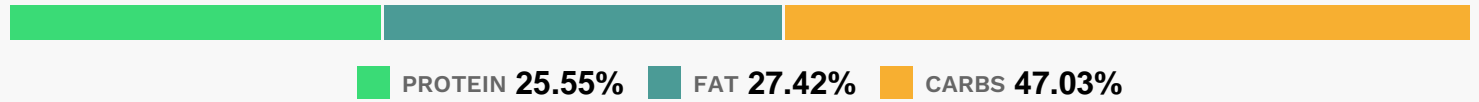
- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 35
- Combine parsley, thyme, rosemary, and garlic. Set aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add mushrooms, leek, 1/4 teaspoon salt, and 1/8 teaspoon black pepper; saut 10 minutes or until liquid evaporates and mushrooms are lightly browned.
- Add half of parsley mixture; cook 1 minute, stirring constantly. Stir in bell peppers.
- Remove from heat; cool slightly.
- Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon black pepper, remaining parsley mixture, milk, egg substitute, and 3/4 cup cheese in a large bowl, stirring with a whisk. Stir in mushroom mixture.
- Add bread; stir gently to combine.
- Let stand 10 minutes. Spoon into a 2-quart baking dish coated with cooking spray.
- Sprinkle with remaining 1/2 cup cheese.

Bake at 350 for 45 minutes or until pudding is set and lightly browned.

Nutrition Facts



Properties

Glycemic Index:52.58, Glycemic Load:16.32, Inflammation Score:-9, Nutrition Score:24.140434679778%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 262.65kcal (13.13%), Fat: 8.25g (12.7%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 28.97g (10.54%), Sugar: 7.79g (8.66%), Cholesterol: 13.82mg (4.61%), Sodium: 1396.53mg (60.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.3g (34.6%), Selenium: 40.78µg (58.26%), Vitamin B2: 0.81mg (47.58%), Vitamin K: 49.76µg (47.39%), Vitamin C: 33.11mg (40.14%), Copper: 0.6mg (29.99%), Vitamin B1: 0.45mg (29.78%), Phosphorus: 289.31mg (28.93%), Vitamin B3: 5.3mg (26.49%), Manganese: 0.52mg (26.14%), Vitamin A: 1219.26IU (24.39%), Vitamin B5: 2.36mg (23.58%), Folate: 93.85µg (23.46%), Vitamin B6: 0.46mg (22.79%), Iron: 4.07mg (22.58%), Calcium: 201.77mg (20.18%), Potassium: 634.63mg (18.13%), Zinc: 2.08mg (13.84%), Magnesium: 50.42mg (12.61%), Fiber: 2.88g (11.51%), Vitamin D: 1.54µg (10.29%), Vitamin B12: 0.58µg (9.67%), Vitamin E: 1.12mg (7.5%)