



Onion Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon thyme leaves dried
- 2 large eggs lightly beaten
- 8 ounces bread french cubed
- 2 cups milk 2% reduced-fat
- 0.5 teaspoon salt
- 3 ounces swiss cheese shredded divided
- 1 vidalia sweet cut into 1/4-inch slices

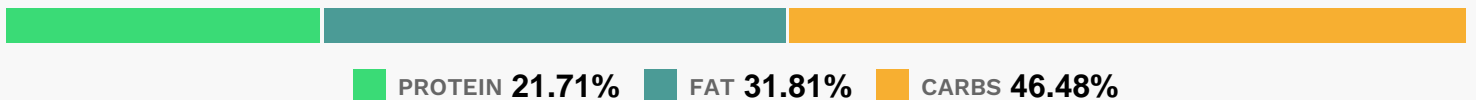
Equipment

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

Directions

- Preheat oven to 42
- Heat a large nonstick skillet over medium-high heat.
- Add onion slices (keep slices intact); cook 3 minutes on each side or until browned.
- Combine milk, salt, thyme, pepper, and eggs in a large bowl, stirring with a whisk.
- Add the bread cubes and 1/2 cup cheese; toss mixture well.
- Place the bread mixture in an 8-inch square baking dish coated with cooking spray. Arrange onion slices on top of bread mixture.
- Sprinkle with 1/4 cup cheese.
- Bake at 425 25 minutes or until set and golden.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:22.77, Inflammation Score:-7, Nutrition Score:17.647391111954%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 359.51kcal (17.98%), Fat: 12.75g (19.62%), Saturated Fat: 6.44g (40.25%), Carbohydrates: 41.94g (13.98%), Net Carbohydrates: 39.89g (14.51%), Sugar: 12.84g (14.27%), Cholesterol: 122.21mg (40.74%), Sodium: 769.01mg

(33.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.18%), Selenium: 33.66µg (48.09%), Calcium: 393.69mg (39.37%), Vitamin B2: 0.66mg (38.6%), Phosphorus: 362.33mg (36.23%), Vitamin B1: 0.5mg (33.04%), Folate: 108.69µg (27.17%), Vitamin B12: 1.49µg (24.83%), Manganese: 0.4mg (20.16%), Iron: 3.08mg (17.13%), Zinc: 2.52mg (16.83%), Vitamin B3: 2.99mg (14.95%), Vitamin B6: 0.27mg (13.57%), Magnesium: 48.98mg (12.24%), Vitamin B5: 1.17mg (11.66%), Potassium: 381.51mg (10.9%), Vitamin A: 437.76IU (8.76%), Copper: 0.17mg (8.49%), Fiber: 2.05g (8.22%), Vitamin C: 4.27mg (5.18%), Vitamin E: 0.57mg (3.81%), Vitamin D: 0.5µg (3.33%), Vitamin K: 3.5µg (3.33%)