



Parmesan Bread Pudding with Broccoli Rabe and Pancetta

READY IN



60 min.

SERVINGS



6

CALORIES



333 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground plus more
- ☐ 1 medium bunch broccoli rabe trimmed cut into 1/2" pieces (rapini)
- ☐ 6 large eggs
- ☐ 2 garlic clove thinly sliced
- ☐ 2 teaspoons kosher salt plus more
- ☐ 1 tablespoon olive oil
- ☐ 6 slices pancetta italian thin (bacon)
- ☐ 0.5 cup parmesan finely grated
- ☐ 0.5 teaspoon pepper red crushed

- ☐ 0.5 pound sandwich bread white country-style cut into 1" pieces (8 cups)
- ☐ 1.5 cups milk whole

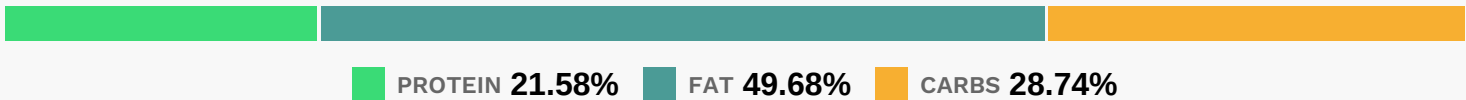
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Heat oil in a largesillet over medium heat.
- ☐ Add garlic and redpepper flakes. Stir until garlic is softened,about 30 seconds.
- ☐ Add broccoli rabe; seasonwith salt and pepper. Cook, tossing, untilwilted, about 2 minutes; let cool slightly.
- ☐ Meanwhile, whisk eggs, milk, 2 teaspoons salt,and 1/2 teaspoon pepper in a large bowl to blend.
- ☐ Add broccoli rabe mixture, bread, and 1/2 cup
- ☐ Parmesan; toss to combine.
- ☐ Transfer to a 1 1/2-quart baking dish. Top with pancetta andremaining 2 tablespoons Parmesan.
- ☐ Bake pudding until puffed, browned inspots, and set in the center, 45-55 minutes.
- ☐ Per serving: 250 calories, 15 g fat, 0 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:14.54, Inflammation Score:-8, Nutrition Score:20.575217475062%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 332.5kcal (16.62%), Fat: 18.33g (28.19%), Saturated Fat: 6.6g (41.25%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 21.84g (7.94%), Sugar: 5.37g (5.97%), Cholesterol: 208.23mg (69.41%), Sodium: 1291.24mg (56.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.91g (35.82%), Vitamin K: 86.79µg (82.66%), Selenium: 30.53µg (43.61%), Calcium: 326.43mg (32.64%), Phosphorus: 311.11mg (31.11%), Vitamin A: 1477.5IU (29.55%), Vitamin B2: 0.49mg (29.06%), Folate: 97.41µg (24.35%), Vitamin B1: 0.35mg (23.42%), Manganese: 0.44mg (21.75%), Iron: 3.16mg (17.55%), Vitamin B12: 0.94µg (15.74%), Vitamin B3: 2.97mg (14.87%), Vitamin B5: 1.44mg (14.43%), Vitamin B6: 0.28mg (14.13%), Zinc: 1.93mg (12.9%), Vitamin D: 1.77µg (11.79%), Vitamin E: 1.73mg (11.53%), Vitamin C: 7.92mg (9.6%), Magnesium: 37.96mg (9.49%), Potassium: 323.6mg (9.25%), Fiber: 2.01g (8.03%), Copper: 0.12mg (5.77%)