



PB and J Bread Crust Pudding

READY IN

ready

120 min.

SERVINGS

servings

10

CALORIES

calories

581 kcal

DESSERT

Ingredients

- ☐ 20 ounce bread crust white coarsely chopped (or the same amount of day-old bread)
- ☐ 1 cup creamy peanut butter
- ☐ 6 large eggs at room temperature
- ☐ 1 cup jelly your favorite
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 10 servings butter unsalted for greasing pan
- ☐ 1 tablespoon vanilla extract
- ☐ 4 cups milk whole

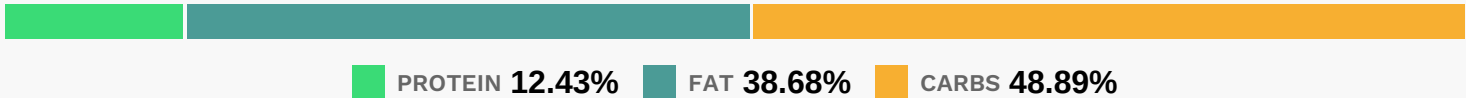
Equipment

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

Directions

- ☐ Preheat the oven to 350 degrees F. Lightly butter a 13 by-9-inch baking pan.
- ☐ Put 2 cups milk, the eggs, peanut butter, sugar, vanilla, and salt into a blender and blend until smooth, taking care that the peanut butter is thoroughly emulsified into the mixture.
- ☐ Pour into a large bowl, then whisk in the remaining 2 cups milk. Stir in the bread and set aside to soak for about 10 minutes.
- ☐ Pour this mixture into the prepared baking pan.
- ☐ Place spoonfuls of your favorite jelly, jam, or preserves around the bread mixture, pushing them in a bit with your spoon.
- ☐ Bake for about 45 minutes, or until the pudding is browned, puffed, and a little firm.
- ☐ Let cool.
- ☐ Cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:25.19, Glycemic Load:41.91, Inflammation Score:-6, Nutrition Score:18.163913141126%

Nutrients (% of daily need)

Calories: 581.19kcal (29.06%), Fat: 25.31g (38.93%), Saturated Fat: 8.4g (52.48%), Carbohydrates: 71.98g (23.99%), Net Carbohydrates: 69.06g (25.11%), Sugar: 37.18g (41.31%), Cholesterol: 134.06mg (44.69%), Sodium: 530.61mg (23.07%), Alcohol: 0.45g (100%), Alcohol %: 0.22% (100%), Protein: 18.3g (36.6%), Selenium: 26.07µg (37.24%),

Manganese: 0.74mg (37.18%), Phosphorus: 317.25mg (31.72%), Vitamin B3: 6.28mg (31.38%), Vitamin B2: 0.49mg (28.7%), Calcium: 277.4mg (27.74%), Vitamin B1: 0.4mg (26.37%), Folate: 103.11µg (25.78%), Vitamin E: 3mg (19.97%), Magnesium: 75.84mg (18.96%), Iron: 3.05mg (16.95%), Vitamin B6: 0.28mg (14.23%), Vitamin B5: 1.41mg (14.14%), Vitamin B12: 0.8µg (13.38%), Zinc: 1.97mg (13.13%), Potassium: 429.17mg (12.26%), Copper: 0.24mg (11.89%), Fiber: 2.92g (11.67%), Vitamin D: 1.75µg (11.66%), Vitamin A: 445.63IU (8.91%), Vitamin C: 2.99mg (3.63%)