

Pear Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



523 kcal

DESSERT

Ingredients

- ☐ 5 slices bread whole-wheat soft cut in half
- ☐ 0.3 pound cheddar thinly sliced
- ☐ 4 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 pears
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 3 teaspoons butter unsalted

☐ 2 cups milk whole

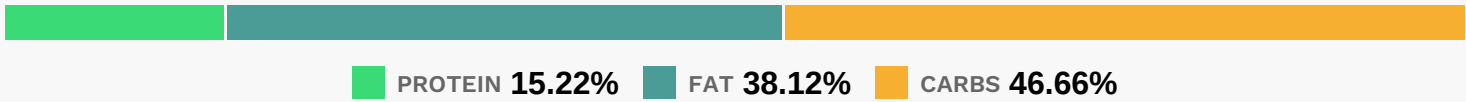
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 375 F. Butter a 9-inch square pan.
- ☐ In a saucepan, heat milk, sugar, butter, and salt until small bubbles form. In a bowl, whisk together eggs, then add the warm milk mixture in a slow stream, whisking constantly.
- ☐ Layer the square pan with bread. Top with pears that have been peeled, cored, and cut into eighths.
- ☐ Pour the milk-egg mixture into the baking pan and sprinkle with cinnamon.
- ☐ Bake until golden, about 35 minutes. Top with Cheddar and bake until the cheese is melted, 5 to 10 minutes (optional).
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:58.88, Glycemic Load:32.7, Inflammation Score:-6, Nutrition Score:18.348261066105%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg,

Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 522.79kcal (26.14%), Fat: 22.57g (34.72%), Saturated Fat: 11.28g (70.51%), Carbohydrates: 62.16g (20.72%), Net Carbohydrates: 57.74g (21%), Sugar: 41.77g (46.41%), Cholesterol: 214.73mg (71.58%), Sodium: 606.74mg (26.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.27g (40.54%), Selenium: 34.22µg (48.89%), Calcium: 433.14mg (43.31%), Phosphorus: 397.23mg (39.72%), Vitamin B2: 0.61mg (36%), Manganese: 0.57mg (28.44%), Vitamin B12: 1.36µg (22.62%), Fiber: 4.42g (17.7%), Zinc: 2.58mg (17.18%), Vitamin A: 837.44IU (16.75%), Vitamin B1: 0.25mg (16.6%), Vitamin D: 2.45µg (16.32%), Vitamin B5: 1.58mg (15.83%), Folate: 62.76µg (15.69%), Iron: 2.29mg (12.73%), Magnesium: 48.53mg (12.13%), Potassium: 421.72mg (12.05%), Vitamin B6: 0.23mg (11.72%), Vitamin B3: 2.28mg (11.42%), Copper: 0.17mg (8.56%), Vitamin K: 7.23µg (6.88%), Vitamin E: 1.01mg (6.72%), Vitamin C: 3.92mg (4.75%)